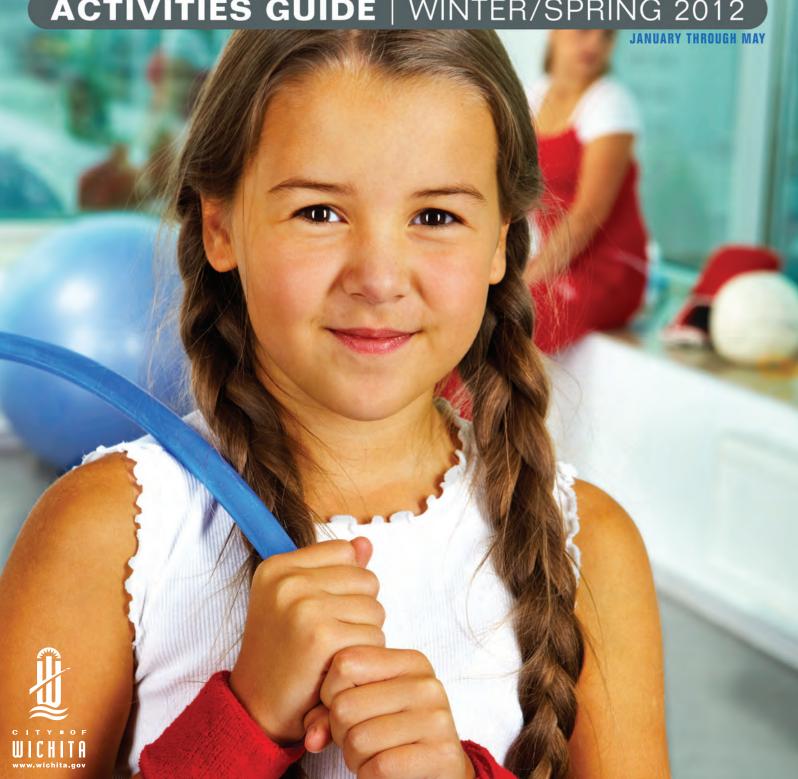
# ACTIVITIES GUIDE | WINTER/SPRING 2012



# **REGISTRATION BEGINS DEC 5**

WINTER CLASSES START JAN 9 | SPRING CLASSES START MAR 19

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## **3 EASY WAYS TO REGISTER**



## **MAIL-IN**

Mail registration form (found on inside back cover) along with a check to the facility you will attend.



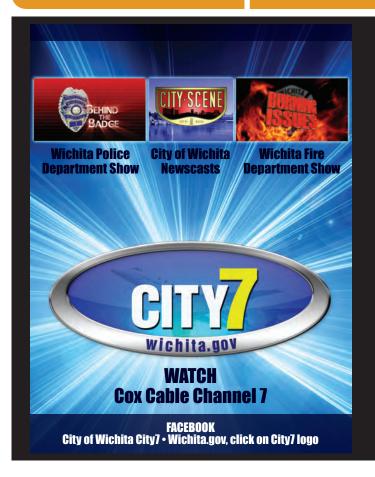
## **PHONE-IN**

Call the facility you will attend. Visa or Mastercard credit/debit card phone payments only.



## **WALK-IN**

Drop off registration form along with cash, check or credit card payment. Call for office hours.





## **GENERAL INFO**

## **ACTIVITIES GUIDE**

Wichita Park & Recreation Activities Guide is published three times a year, in December (Winter/Spring), in May (Summer) and again in August (Fall) by the City of Wichita Park & Recreation Department located at 455 North Main, 11th floor Wichita, KS 67202, (316) 268-4361. For any information pertaining to the activities guide please call our office. Office hours are Monday-Friday 8:00a to 5:00p.

#### Winter Classes/Programs

- All winter classes are in blue
- Winter registration begins December 5
- Winter classes start on January 9 unless otherwise noted
- To register call the recreation center where the class is being held or mail in your registration form to the recreation center

## **Spring Classes/Programs**

- All Spring classes are in green
- You can registor for Spring classes any time.
- Spring classes start on March 19 unless otherwise noted
- To register call the recreation center where the class is being held or mail in your registration form to the recreation center

Wichita Park & Recreation offers many types of classes and educational programs for ALL ages. The activities guide is broken up into sections by TOTS; YOUTH; ADULTS; and ACTIVE ADULTS. Family classes for all ages include Tae Kwon Do; Judo; and Guitar Lessons. Ages for each group are listed below: TOTS: Ages 3-5 – unless noted otherwise • YOUTH: Ages 6-12 – unless noted otherwise ADULTS: Ages 16+ - unless noted otherwise • ACTIVE ADULTS: Ages 55+

Registration for both winter and spring will take place at any time. To register contact the recreation center directly, or mail in your registration form located on page 31 in the guide.



## Wichita Park & Recreation Community Fund

Thank you to our 2011-2012 Founding Sponsors: Taco Shop, Fidelity Bank

Wichita Park & Recreation Community Fund is a 501 C (3) non-profit organization, which provides private financial support for special projects such as capital improvements, memorial and dedication opportunities, education, recreation and leisure activities, fundraising events, activities guides, along with staff and board development.

Through our fundraising efforts, and establishing Friends of the Community Fund Membership program, these initiatives will help offset the Park & Recreation financial challenges that go beyond what can be done with appropriated government funding, and continue work and progress for our future Parks & Recreation facilities that would otherwise not be possible.

We are excited to introduce the 2012 Friends of the Community Fund Membership program! The purpose of the Friends group is to increase support and awareness for the Wichita Park & Recreation Community Fund through membership drives, social and educational events, speaking engagements and fundraisers.

As a member you will have the opportunity to be on the Steering Committee, receive a quarterly newsletter, invitations to upcoming events, and much more!

#### Membership Levels Annual fees:

\$25 for Singles \$50 for Couples

For volunteer opportunities and more information regarding Wichita Park & Recreation Community Fund, contact Stacey Hamm at 316-268-4124.

#### Help Wanted...We Need You!

Wichita Park and Recreation is always seeking talented individuals to assist us in the implementation of activities and programs. We are currently looking for part-time class instructors. Contact Barbara McGuire, Program Specialist at 316-268-4192 to inquire about employment.

If you are interested in helping with the community activities, please give the Wichita Park and Recreation office a call at 316-268-4361. If you have a program you would like to implement, send us the information and we will get in touch with you. Our mailing address is: 455 North Main, 11th Floor, Wichita, KS 67202.

Want to advertise in the Wichita Park & Recreation Activities Guide?

**Contact the Marketing Department** at 268-4628 for more information.

Creative Support provided by

tiller creative 316.461.6600

tillercreative com

## **WELLNESS CHECKS**

Stop by Orchard Recreation Center for free Wellness Checks the first Friday of every month from 10:00 a-12:00 p. Our trainer will conduct blood pressure checks, body fat analysis, and provide general nutritional information. January 6 • February 3 • March 2 • April 6 • May 4

## **NEW YEAR NEW YOU!!**

Orchard Recreation Center will host an open house in the Fitness Center on Saturday January 7 from 10:00 a-12:00 p. Come out and see the equipment, facility and meet our personal trainer Cindy Cantayre. We will offer door prizes and specials for people signing up for memberships that day. Come on by and set that New Year's Resolution at Orchard Recreation Center.

## **FITNESS CENTERS**

## **FITNESS CENTERS**

## **Evergreen**

Supervised weight room facility with Paramount fitness equipment including free weights, heavy bag and various exercise machines for maintaining or improving muscle mass, strength and toning.

Hours: M-F 9:00 a-7:00 p

Fee: \$2 per visit or \$27 for 10 weeks

## **Lynette Woodard**

Supervised weight room facility with free weights, various exercise machines for maintaining or improving muscle mass, strength and body toning.

Hours: M-Th 3:00 p-6:00 p & Fri 3:00 p-5:00 p

Fee: \$2 per visit or \$27 for 10 weeks

## **Orchard**

Fitness center has 14 cardio machines, cardio theater and a brand new weights area. Lockers available. One free personal trainer consultation with purchase of a membership.

Hours: M-F 8:00 a – 8:00 p

Fees: \$20 month Single Adult

\$35 month Family

(2 adults, 2 kids same household)

\$15 month Active Adults 55+

\$25 month Active Adult Family (2 Active Adults same household)

\$15 month youth ages 13-17

\$10 month for persons registered in additional Orchard Classes

\$4.00 drop in fee

# Personal Trainer at Orchard & L.Woodard

Work one-on-one with an ACE certified personal trainer to help meet your personal fitness goals through diet and exercise. Appointment required. Private, couple, and group sessions are available. Please contact Orchard or Lynette Woodard Recreation Centers for more information. Must have a fitness membership to obtain personal training packages at Orchard Recreation Center.

	Individual	Couple	Each additional 3 +
1hr	\$25	\$35	\$35 + \$10 each
2hr	\$45	\$55	\$55 + \$10 each
3hr	\$70	\$80	\$80 + \$10 each
4hr	\$85	\$95	\$95 + \$10 each

# RECREATION CENTER ADDRESSES

# ADMIN/ATHLETIC OFFICE

455 N. Main (67202) 316.268.4361

#### ALEY/STANLEY

1749 S. Martison (67213) 316.303.8002 (Within Stanley School)

## **BOSTON**

6655 E. Zimmerly (67207) 316.688.9301

#### COLVIN

2820 S. Roosevelt (67210) 316.303.8023

#### **EDGEMOOR**

5815 E. 9th St. (67208) 316.688.9392

## **EVERGREEN**

2700 N. Woodland (67204) 316.303.8036

#### LINWOOD

1901 S. Kansas (67211) 316.337.9191

#### LYNETTE WOODARD

2750 E. 18th St. (67214) 316.303.8015

#### **MCADAMS**

1329 E. 16th St. 67214) 316.337.9222

## **O.J. WATSON PARK**

3022 S. McLean Blvd. (67217) 316.529.9940

## **ORCHARD**

4808 W. 9th St. (67212) 316.337.9244

## RALPH WULZ RIVERSIDE TENNIS CENTER

551 Nims (67203) 316.337.9257

For a map of the recreation centers and cross roads, log onto wichita.gov/cityoffices/park.

## **ADULT ATHLETICS**

## **Spring League 7 on 7 Flag Football**

**South Lakes Sports Complex** 

The season will consist of eight games and a single elimination tournament.

Registration Begins: January 2 Registration Ends: March 2 Season Starts: March 13 Price: \$300 per team

## Men's and Coed Spring League Softball

South Lakes and Westside Athletic Fields Teams will play double headers on the nights they chose to play. The season will consist of 12 games.

Men's Leagues play: Tuesday • Wednesday • Thursday • Sunday

Coed Leagues play: Tuesday • Thursday • Friday • Saturday • Sunday

Registration Begins: January 2 Registration Ends: March 4 Season Starts: March 18 Price: \$425 per team



## **City of Wichita Golf League All five City of Wichita Golf Courses**

Teams will consist of two players. Each Sunday your team will face off against an opposing twosome for nine holes of play. The teams lowest score on each hole will be added to determine the teams overall score. Teams will be handicapped and put into flights

after the second week of play. The league will take place over eight Sundays excluding Memorial weekend. All fees will be paid in advance to eliminate forfeits. You will NOT have to pay a green fee each week; this cost is included in your registration fee.

Registration Begins: February 6 Registration Ends: April 6 League Starts: April 16 Tee Times: Start at 3pm

Price: \$180 per team or \$40 for weekend pass holders

## Men's 3 on 3 Basketball League

**Lynette Woodard Recreation Center** 

The league will consist of eight games + tournament. Games will be two 20 minute halves with certified officials calling the game.

Registration Begins: November 21 Registration Ends: January 6 League Starts: January 18 Day: Wednesday evenings Price: \$175 per team

## YOUTH ATHLETICS



#### Youth Baseball

**Planeview Baseball Fields** 

Registration Begins: January 2, 2012 Registration Ends: March 16, 2012 Season Begins: April 23, 2012 Price: Boys 8 & under - \$40 Boys 10 & under - \$50

Boys 12 & under - \$50 Boys 14 & under - \$55

## Junior & Senior Rookie Leagues

McAdams Baseball Field & **Westside Athletic Field** 

The City of Wichita Rookie Leagues play host to some of the area's top high school talent. The Junior Rookie League is for baseball players 16 & under; Senior Rookie League is 19 & under. Only eight teams in each league will be accepted so reserve your team's spot TODAY!

Registration Begins: January 2 Registration Ends: May 4 Season Begins: May 29 Price: \$1200 per team

#### Youth Softball

**Westside Athletic Field** Registration Begins: January 2 Registration Ends: May 11 Season Begins: May 29 **Price:** Girls 12 & under - \$45

Girls 15 & under - \$60 or \$600 team fee Girls 18 & under - \$60 or \$600 team fee

#### **Youth Lacrosse**

## **Stryker Sports Complex**

Come join the fastest growing youth sport in the nation! Wichita Park and Recreation Department is once again offering a quality lacrosse program with coaches that have years of experience. Come experience for yourself what Lacrosse is all about!

Registration Begins: January 2 Registration End: March 9 Season Starts: March 24

Price: \$55 (\$15 loaner equipment available)



## **DANCE**

## **Ballet & Tap**

Whirl and twirl into basic ballet positions. Show us your happy feet during tap time. Intermediate class performs at a more progressive rate, requires instructor approval or previous experience. Basic class ages 3-5: Intermediate class ages 4-8.

en	ce. Basic	class ages	ა-ა; interme	diate	class ages 4-8.	
В	148048	Edgemoor	7wks-1/23	M	6:15 p-7:00 p	\$19
	148050	Edgemoor	7wks-1/23	M	7:15 p-8:00 p	\$19
В	148941	Linwood	8wks	M	5:45 p-6:30 p	\$22
В	148942	Linwood	8wks	M	6:35 p-7:20 p	\$22
	148944	Linwood	8wks	M	7:25 p-8:10 p	\$22
В	148943	Linwood	10wks	Tu	10:00 a-10:45 a	\$28
В	148614	Orchard	8wks-1/25	W	6:00 p-6:45 p	\$22
	148615	Orchard	8wks-1/25	W	7:00 p-7:45 p	\$22
В	148131	Edgemoor	10wks	M	6:15 p-7:00 p	\$28
L	148133	Edgemoor	10wks	M	7:15 p-8:00 p	\$28
В	148986	Linwood	10wks	M	5:45 p-6:30 p	\$28
В	148987	Linwood	10wks	M	6:35 p-7:20 p	\$28
L	148989	Linwood	10wks	M	7:25 p-8:10 p	\$28
В	148988	Linwood	10wks	Tu	10:00 a-10:45 a	\$28
В	148730	Orchard	9wks-3/28	W	6:00 p-6:45 p	\$26
L	148731	Orchard	9wks-3/28	W	7:00 p-7:45 p	\$26

## **Tot Dance & Cheerleading**

Put on your dancing shoes and grab your pom pons! Learn a routine featuring Jazz, Ballet, cheers and jumps. Ages 5-6.

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B	148291	Evergreen	8wks	W	5:45 p-6:30 p	\$27
B	148394	Evergreen	8wks	W	5:45 p-6:30 p	\$27

## **Hip Hop 4 Tots**

Educational and fun, kids learn about rhythm and movement, color identifications, direction and improved coordination to a hip hop groove. Movement games, choreography, and a lot of freestyle helps tots learn expression through dance. Ages 3-6.

E	152201	L. Woodard	5wks	M	5:30 p-6:00 p	\$10
E	152202	L. Woodard	5wks	M	5:30 p-6:00 p	\$10

## **Tiny Tot Dance & Cheerleading**

Learn all of the dance and cheerleading basics. From Jazz and Ballet to cheers and jumps, you'll be a star by the time we get done. Then show off all your new moves on the last day of class to all your friends and family for a mini performance. Ages 3-6.

В		Evergreen	8wks	Tu	5:45 p-6:30 p	\$27
B	148391	Evergreen	8wks	Tu	5:45 p-6:30 p	\$27

## Cheerleading

Show team spirit while learning jumps and cheers. This class is a blast for tiny cheerleaders! Ages 3-5.

		,	9			
E	150910	Linwood	8wks	W	6:15 p-7:00 p	\$22
E	151107	Linwood	8wks	W	6:15 p-7:00 p	\$22

## **FITNESS**

#### **Baby Itsy Bitsy Yoga**

Learn unique yoga postures and songs to support baby's development, digestion, sleep, and calm a fussy baby. Parents will also practice a bit of yoga. Bring a baby blanket and small toy. Ages: 4 wks to nearly crawling.

	,					
Ε	148613	Orchard	<b>6wks</b>	Th	9:15 a-10:15 a	\$35
Ε	150305	Edgemoor	<b>6wks</b>	Sa	11:15 a-12:15 p	\$35
Ε	150304	Edgemoor	6wks	Sa	11:15 a-12:15 p	\$35
Е.	1/10720	Ovobovd	Gurko	Th	0.15 a 10.15 a	COE

## **Tot Itsy Bitsy Yoga**

Through song and movement, this class offers a supportive and fun-loving yoga experience for parent and child. Supports body awareness and development, provides a healthy way of releasing frustration, nurtures self esteem and creativity, and helps to increase attention span. Active crawling – 2 yrs old.

	0.0000 000	onaon opan	. ,	a	- y.o o.a.	
Ε	150302	Edgemoor	<b>6wks</b>	Sa	10:10 a-11:10 a	\$35
Ε	148714	Orchard	<b>6wks</b>	Th	10:30 a-11:30 a	\$35
Ε	150303	Edgemoor	6wks	Sa	10:10 a-11:10 a	\$35
E.	1/12230	Orchard	Gwle	Th	10·30 a_11·30 a	<b>¢25</b>

## **SPORTS**

## **Basketball Clinic**

Nothing but net! Learn to dribble, pass and shoot. Ages 3-5.

Ε	148502	Boston	4wks	M	5:00 p-5:45 p	\$12
Ε	148052	Edgemoor	5wks-1/12	Th	4:30 p-5:15 p	\$14
Ε	152500	L. Woodard	4wks	M	5:00 p-5:45 p	\$12
E	148558	Boston	5wks	M	5:00 p-5:45 p	\$14
E	148135	Edgemoor	5wks-3/22	Th	4:30 p-5:15 p	\$14
E	149347	L. Woodard	5wks	Tu	5:30 p-6:15 p	\$14
E	149348	L. Woodard	5wks	Sa	11:30 a-12:15 p	\$14

## **Indoor Soccer Clinic**

Dribble 'til you drop! Class teaches basic soccer skills and team play through modified games. Ages 3-5.

Ε	148529	Boston	4wks-2/6	M	5:00 p-5:45 p	\$12
Ε	148072	Edgemoor	5wks-1/10	Tu	4:30 p-5:15 p	\$14
Ε	149545	L. Woodard	5wks	W	5:00 p-5:45 p	\$14
Ε	148585	Boston	4wks-4/16	M	5:00 n-5:45 n	\$12

## **IT'S GAME TIME!**

A great opportunity for kids to take the skills learned in the prior sports clinics and put them to use in a game setting. Participants will be divided up into teams each day and then play structured games. Must have attended the Park and Rec. Dept. clinic before registering for the class. Ages 4-6.

#### **Basketball**

Ε	148101	Edgemoor	5wks-2/16	Th	4:30 p-5:15 p	\$14
В	148184	Edgemoor	5wks-4/26	Th	4:30 p-5:15 p	\$14
Ir	ndoor	Soccer				
Ε	148102	Edgemoor	5wks-2/14	Tu	4:30 p-5:15 p	\$14
V	/iffleb	all				
В	150248	Edgemoor	5wks-4/24	Tu	4:30 p-5:15 p	\$14

## Flag Football

Are you ready for some football? Learn the basics the first week and then its game time! Fairmount Park, 3500 E. 15th Street North. Mail registrations to Lynette Woodard. Winter session played indoors. Ages 3-5.

Ε	149497	L. Woodard	5wks	Th	5:00 p-5:45 p	\$14
Ε	151145	Fairmount Pk	5wks	F	5:00 p-5:45 p	\$14
E	149362	Fairmount Pk	5wks	Sa	5:00 p-5:45 p	\$14

## **Football Clinic-Indoors**

Ready, set, hike! Learn all the fundamentals of football in this basic clinic class. Players will learn passing techniques and master throwing along with the rules of football. Ages 4-5.

Ε	148528	Boston	4wks	W	5:00 p-5:45 p	\$12
E	148584	Boston	4wks	W	5:00 p-5:45 p	\$12

#### **T-Ball**

Learn fundamentals such as throwing, catching and hitting. Designed for boys and girls just beginning to play baseball or softball. Ages 4-6.

E	150250	L. Woodard	5wks	Th	5:30 p-6:15 p	\$14
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#### **Tennis - Tots**

Hit the court! Learn basic grips and how to swing the racket properly while doing fun drills. Winter classes are indoors. Ages 4-5.

В	149312	L. Woodard	4wks-1/10	Tu	6:00 p-6:30 p	\$12
B	149313	L. Woodard	4wks-2/28	Tu	6:00 p-6:30 p	\$12
B	148176	Edgemoor	4wks-3/13	Tu	5:30 p-6:00 p	\$12
B	148177	Edgemoor	4wks-4/17	Tu	5:30 p-6:00 p	\$12
B	149015	Linwood	4wks-3/13	Tu	5:30 p-6:00 p	\$12
B	149016	Linwood	4wks-4/17	Tu	5:30 p-6:00 p	\$12
B	149400	L. Woodard	4wks-3/15	Th	6:00 p-6:30 p	\$12
B	149401	L. Woodard	4wks-4/19	Th	6:00 p-6:30 p	\$12
B	151702	<b>Orchard</b>	4wks-3/13	Tu	5:30 p-6:00 p	\$12
B	151703	<b>Orchard</b>	4wks-4/17	Tu	5:30 p-6:00 p	\$12

## **Tiny Tumblers**

Roll out the good times! Tots will use mats and a small balance beam to learn basic tumbling skills, gain flexibility, strength, balance and coordination. Ages 3-5.

E	148290	Evergreen	8wks	Sa	10:00 a-10:45 a	\$22
E	148974	Linwood	8wks	W	5:30 p-6:15 p	\$22
E	148711	<b>Orchard</b>	8wks	M	5:15 p-6:00 p	\$22
E	148712	<b>Orchard</b>	8wks	W	5:15 p-6:00 p	\$22
E	148393	Evergreen	8wks	Sa	10:00a-10:45a	\$22
E	149019	Linwood	8wks	W	5:30 p-6:15 p	\$22
E	148827	Orchard	8wks-3/26	M	5:15 p-6:00 p	\$22
E	148282	<b>Orchard</b>	8wks-3/28	W	5:15 p-6:00 p	\$22

#### Wiffle T-Ball-Clinic

Learn fundamentals such as throwing, running the bases, & hitting. Plastic bat and balls are used. Ages 3-5.

E	148530	Boston	4wks-2/8	W	5:00 p-5:45 p	\$12
E	148586	Boston	4wks-4/18	W	5:00 p-5:45 p	\$12
Ε	150247	Edgemoor	5wks-3/20	Tu	4:30 p-5:15 p	\$14



Blue Classes are Winter Session • Green Classes are Spring Session



## TOTS



## **LANGUAGES**

## Maw American Sign Language

For ages 3-5 who want to learn to sign using only their hands.

Ε	150358	L. Woodard	4wks	Tu	6:00 p-6:30 p	\$10
E	150359	L. Woodard	4wks	Th	6:00 p-6:30 p	\$10
Ε	150360	L. Woodard	4wks	Tu	6:00 p-6:30 p	\$10

## **Baby Sign Language**

This simple approach to learning early communication reduces frustration and helps toddlers learn to talk while strengthening the parent-child bond. Up to age 3 allowed or adult may take the class by themselves.

E	148216	Evergreen	8wks	Th	6:30 p-7:30 p	\$37
Ε	148319	Evergreen	8wks	Th	6:30 p-7:30 p	\$37

## HOLIDAY WORKSHOPS

## NEW Be My Valentine

Straight from the heart! This arts and crafts event will give each child the opportunity to create one-of-a-kind valentines for that special someone. Decorate and fill your own candy bag and make a special heart shaped project. Ages 3-5.

E	152163	Linwood	2/11	Sa	10:00 a-11:30 a	\$13
E	152164	Evergreen	2/13	M	6:00 p-7:30 p	\$13

## NEW Little Leprechauns

It's time for the wearin' of the green! All little leprechauns attending will share the luck of the Irish through fun games such as a shamrock hunt and make a craft. Also learn to prepare some easy green treats that are magically delicious. Ages 3-5.

E	152165	Orchard	3/15	Th	10:00 a-11:30 a	\$13
E	152166	Edgemoor	3/17	Sa	10:00 a-11:30 a	\$13

## NEW Bunny Tales

Hippity Hoppity Easter's on its way! Kids will have fun building and decorating their own Easter baskets. Then put those baskets to use during a special egg hunt. Fun games will also be played. Ages 3-5.

Ε	152173	Edgemoor	4/4	W	10:00 a-11:30 a	\$13
Ε	152174	Linwood	4/5	Th	6:00 p-7:30 p	\$13

## NEW Just for Mom

Shhhh... it's a surprise for mom! Enjoy creating some special craft projects and design a card for that special mom or grandmother. Ages 3-5.

E	152175	Linwood	5/10	Th	6:00 p-7:30 p	\$13
Ε	152176	Orchard	5/12	Sa	10:00 a-11:30 a	\$13

## SPECIAL INTEREST

#### NEW Fitness for Tots

Enjoy physical activities that promote fitness and help improve motor skills and coordination.

E	149501	L. Woodard	5wks	F	12:30 p-1:00 p	\$10
E	149502	L. Woodard	5wks	W	4:30 p-5:00 p	\$10
Ε	149503	L. Woodard	5wks	F	4:30 p-5:00 p	\$10

## NEW Grand Kansas Day

Kansas sunflowers, Kansas wheat and Kansas grandkids are really neat! Grandparents bring your grandkids to celebrate Kansas and your family together at this indoor event. Fee is per grandparent, grandchildren are free. Ages 3+

	150000	107	1 /00		1 00 0 00	010
- 6	150096	Watson	1/28	Sa	1:00 n-3:00 n	\$13

## Maw Grand Valentine's Day Tea Party

It's tea time! Mothers, grandmother and aunts bring your favorite girls for an afternoon of stories, crafts, games and of course dainty sandwiches with tea. Fee is per adult; free for the girls.

Ages 2-11					
E 150098	Watson	2/11	Sa	1:00 p-3:00 p	\$13

#### **Little Artists**

Calling all little Picassos! Create art using crayons, paints, clay and other mediums. Make a new project each class. Ages 3-5.

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E	149008	Linwood	5wks-3/29	Th 1	:30 p-2:30 p	\$20

#### **Little Chefs**

Cook up a treat! Make (and eat) some yummy snacks and learn kitchen etiquette. Ages 3-5.

E	149283	L. Woodard	5wks	W	5:00 p-5:45 p	\$18
E	149281	L. Woodard	5wks	Th	12:00 p-12:45 p	\$18
E	149282	L. Woodard	5wks	F	4:30 p-5:15 p	\$18
E	149371	L. Woodard	5wks	W	5:00 p-5:45 p	\$18
E	149369	L. Woodard	5wks	Th	12:00 p-12:45 p	\$18
Ε	149370	L. Woodard	5wks	F	4:30 p-5:15 p	\$18

## **Princess Tea Party**

Hear ye, hear ye! All princesses attending should arrive in their royal costumes and be prepared to create an elegant craft accessory along with participating in royal party games. They will then be served scrumptious finger sandwiches, punch and cupcakes at the royal tea. Princesses will be presented with a party keepsake and will live happily ever after. Ages 3-6.

E	152157	Linwood	1/20	F	6:00 p-7:30 p	\$17
E	152158	Linwood	1/21	Sa	10:00 a-11:30 a	\$17
E	152159	Linwood	1/21	Sa	1:00 p-2:30 p	\$17
E	152160	Linwood	4/20	F	6:00 p-7:30 p	\$17
E	152161	Linwood	4/21	Sa	10:00 a-11:30 a	\$17
E	152162	Linwood	4/21	Sa	1:00 p-2:30 p	\$17





## **Playtime for Toddlers**

Toddlers can run, jump and play to their heart's content during this playtime. Parents must supervise their child while they play with toys, scooters, playground balls and other equipment. Fee is per child, free for the parent.

Ε	148531	<b>Boston</b>	10wks	M-F	10:30 a-12:30 p	\$1 per visit
Ε	149145	<b>Orchard</b>	10wks	W	10:30 a-12:00 p	\$10
Ε	148587	Boston	10wks	M-F	10:30 a-12:30 p	\$1 per visit
Ε	149146	Orchard	10wks	W	10:30 a-12:00 p	\$10

## **Spring Tea Party**

It's tea time! Mothers, grandmothers and aunts bring your favorite girls ages 2-11 for an afternoon of stories, crafts, games and of course dainty sandwiches with tea. The afternoon's fun will end with a train ride. Fee is per adult; free for the girls.

Ε	149434	Watson	5/12	Sa	1:00 p-3:00 p	\$13
Ε	149433	Watson	5/12	Sa	4:00 p-6:00 p	\$13

## THEATER/DRAMA

## M=W Discovery Theater

The ultimate imagination station! The story of the day will set the scene, but the fun theater games and activities will help the kids create the characters. A parent visitation will be held the last day of class. No class on 4/5. Ages 3-5.

Ε	152167	Linwood	5wk-1/12	Th	5:30 p-6:15 p	\$20
Ε	152168	Linwood	5wk-3/22	Th	5:30 p-6:15 p	\$20



## DANCE

## **Dance and Cheerleading**

Show your spirit while learning jumps, cheers and stunts to help perfect your cheerleading skills. Ages 6-12.

Ε	148306	Evergreen	8wks	Th	5:45 p-6:30 p	\$22
Ε	150909	Linwood	8wks	W	7:00 p-8:00 p	\$29
Ε	148409	Evergreen	8wks	Th	5:45 p-6:30 p	\$22
Ε	151108	Linwood	8wks	W	7:00 n-8:00 n	<b>S29</b>

## NEW Extreme Dance Team

Become part of a team through dance. Types of dance you will learn include Jazz, Ballet and hip-hop that will be set to routines.

E	149745	Evergreen	8wks	Sa	10:45 a-12:00 p	\$33
E	149746	Evergreen	8wks-3/10	Sa	10:45 a-12:00 p	\$33

## **Hip Hop Dance**

Get your groove on! Learn the latest dance moves and put them into routines. Emphasis put on body placement, dance combinations, rhythms and having fun. Ages 6+.

Ε	142206	Colvin	6wks	W	5:30 p-6:15 p	\$19
Ε	151290	Linwood	8wks	Th	4:40 p-5:30 p	\$28
Ε	152203	L. Woodard	5wks	Tu	6:00 p-6:45 p	\$16
Ε	152207	Colvin	6wks-3/28	W	5:45 p-6:15 p	\$19
Ε	151291	Linwood	8wks	Th	4:40 p-5:30 p	\$28

## Movers and Shakers

Kids will sing and dance along to music such as YMCA and receive a complete, total body work out. Ages 6+.

Ε	152210	Colvin	4wks-1/23	M	5:30 p-6:15 p	\$8			
Ε	152208	Colvin	4wks-3/26	M	5:30 p-6:15 p	\$8			

## **FITNESS**

#### Fit Club

Perform drills, calisthenics, gym games and fitness center activities. A great way to get fit! Class meets at Kiwanis Shelter Building 5101 W 2nd. Send registration to Orchard Recreation center. Ages 5-8.

E	148782	Kiwanis	8wks-3/28	W	4:30 p-5:30 p	\$20	

## **Little Lotus Yoga**

Parents and kids playfully explore yoga postures through rhymes, songs, yoga games and stories! Kid yoga improves body awareness and control, fosters language and literacy development, promotes self esteem and self expression, increases listening skills, and improves impulse control. Ages 3-7.

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E	148692	<b>Orchard</b>	6wks	Th	5:35 p-6:35 p	\$35
E	148808	<b>Orchard</b>	6wks	Th	5:35 p-6:35 p	\$35

## **Lotus Blossom Yoga**

Children and parents will share a joyful yoga environment that encourages an energetic balance between excitement and attentiveness. Families will explore flow yoga, breathing exercises, partner and community poses, mantras/affirmations, visualization, and meditation. Lotus Blossom Yoga promotes patience and tolerance, while fostering unity and compassion. Ages 5-8.

F	149057	Orchard	6wks	Th	6:45 p-7:45 p	\$35
Ē	149058	Orchard	6wks	Th	6:45 p-7:45 p	\$35

## **Personal Fitness Program**

It's a fun workout for kids. Enjoy a variety of exercises and learn how to properly use fitness center equipment. Ages 8-15.

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E	149419	L. Woodard	5wks	Th	6:00 p-6:45 p	\$14

#### **Zumbatomic**

It's a rockin, high-energy fitness party! Packed with kid-friendly routines and awesome music like hip-hop, Reggaeton, Cumbia, and more. Designed exclusively for kids. Ages 8-12.

Ε	148127	Edgemoor	10wks	W	5:15 p-6:00 p	\$23
Ε	151600	Evergreen	10wks	F	5:30 p-6:15 p	\$23
Ε	148210	Edgemoor	10wks	W	5:15 p-6:00 p	\$23
Ε	151601	Everareen	10wks	F	5:30 p-6:15 p	\$23

## **MARTIAL ARTS**

#### Judo

Block, kick and throw your way into sport judo! Learn safe falling techniques, grip escapes and the skills needed to enter judo competitions. Ages 13+.

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Ε	148433	<b>McAdams</b>	10wks	Sa	11:00 a-12:00 p	\$21			
Ε	148470	McAdams	10wks	Sa	11:00 a-12:00 p	\$21			



Blue Classes are Winter Session • Green Classes are Spring Session



## Self-Defense Workshop

Includes hand-to-hand contact, control techniques, pressure points, blocks, kicks and punches to enable people to protect themselves. Ages 8+.

E	151100	Edgemoor	3/10	Sa	9:30 a-12:30 p	\$11
Ε	150950	Linwood	1/14	Sa	8:30 a-12:30 n	\$15

#### Tae Kwon Do

Work your way up the martial arts ladder! Develop physical agility, self-discipline and respect for yourself and others. Belt advancement opportunities are available. A great family class, 200c 6±

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E	148896	Aley	9wks	M/W	6:15 p-7:15 p	\$52
E	148085	Edgemoor	10wks	Tu/Th	6:15 p-7:15 p	\$58
	148086	Edgemoor	10wks	Tu/Th	7:15 p-8:15 p	\$58
E	148966	Linwood	10wks	Tu/Th	7:00 p-8:00 p	\$58
E	148702	Orchard	9wks	M/W	6:00 p-7:00 p	\$52
E	148936	Aley	10wks	M/W	6:15 p-7:15 p	\$58
E	148168	Edgemoor	10wks	Tu/Th	6:15 p-7:15 p	\$58
L	148169	Edgemoor	10wks	Tu/Th	7:15 p-8:15 p	\$58
E	149011	Linwood	10wks	Tu/Th	7:00 p-8:00 p	\$58
L	151053	Linwood	10wks	Tu/Th	8:00 p-9:00 p	\$58
E	148818	Orchard	9wks-3/26	M/W	6:00 p-7:00 p	\$52

## SPORTS

#### Archerv

Ready, Aim, Fire! Learn archery fundamentals, shooting skills & safe conduct.

E 151119 Alev 10wks 6:15 p-7:45 p \$40

## **Baseball Basics**

Learn the fundamentals of baseball - throwing, catching, base running, and fielding. Must have your own glove. No class on 4/30.

E 152200 5wks-4/23 M 4:30 p-5:30 p

## **Basketball Clinic**

Dribble, shoot and score! This clinic teaches fundamentals, rules, and offensive/defensive strategies. Ages 6-10.

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E	148217	Evergreen	5wks	Sa	11:00 a-12:00 p	\$17
E	148053	Edgemoor	4wks	M	4:30 p-5:15 p	\$11
E	149328	L. Woodard	4wks	M	6:00 p-6:45 p	\$11
B	148136	Edgemoor	5wks-3/19	M	4:30 p-5:15 p	\$13
E	148320	Evergreen	5wks	Sa	11:00 a-12:00 p	\$17
F	149416	I Woodard	5wks	Th	5·15 n-6·00 n	\$13

## **Basketball Leagues**

Join this action packed league! Learn fundamentals such as dribbling, passing, and shooting. 3rd-5th graders will play on Tuesdays, 6th-8th graders on Thursdays and High School League will play on Fridays. Clinics will be held the first two weeks followed by team play.

E	148548	Boston	9wks	Th	4:45 p-5:45 p	\$22
E	148549	Boston	9wks	Tu	4:45 p-5:45 p	\$22
E	148550	Boston	9wks	F	4:45 p-5:45 p	\$22
E	148605	Boston	9wks	Tu	4:45 p-5:45 p	\$22
E	148604	Boston	9wks	Th	4:45 p-5:45 p	\$22
E	148606	Boston	9wks	F	4:45 p-5:45 p	\$22

## **Basketball League - High School**

A 3 on 3 recreational basketball league. Participants may sign up as a team, or sign up as individuals and be placed on a team. Maximum number of players on a team is 4.

149055 Evergreen 8wks 4:00p-5:30p \$10

## Wichita Park & Rec. Junior Basketball League

Co-ed youth Jr. Basketball league for grades 3rd, 4th, & 5th.

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E	148903	Aley	8wks	M/Th	4:30 p-5:30 p	\$15
E	150752	Colvin	8wks	M/W	5:15 p-6:15 p	\$15
E	149747	Evergreen	8wks	W/F	4:30p-5:30p	\$15
E	<b>151052</b>	Linwood	8wks	Tu/Th	4:30 p-5:30 p	\$15
E	149325	L. Woodard	<b>6wks</b>	M	4:30 p-5:30 p	\$12

## NEW Bicycle Safety Clinic

May is Bicycle Safety month so get street smart! Clinic includes a safety inspection of each participant's bicycle, Journal Broadcast Group instruction about the rules of the road and training on a miniature chalk street

WICHITA OPERATIONS

course. Then put those skills to the test on a supervised ride along the Linwood Bike Trail. Bring your own bikes and helmets. Helmets are mandatory. A great family activity. Clinic is sponsored by Journal Broadcast Group. Ages 6+. Fee is per person.

E	152171	Linwood	5/5	Sa	9:00 a-12:00 p	\$5
E	152172	Linwood	5/5	Sa	1:00 p-4:00 p	\$5

## Flag Football

Touchdown! Kids will score big after learning football fundamentals. First week features instruction in rules and game strategies. Following weeks feature games. Register at Lynette Woodard, meets at Fairmount Park, 3500 E. 15th Street North. Winter session is indoors. Ages 6-10.

E	149498	L. Woodard	5wks	Th	6:00 p-6:45 p	\$14
E	151155	<b>Fairmount Pk</b>	5wks	F	6:00 p-6:45 p	\$14
E	149363	<b>Fairmount Pk</b>	5wks	Sa	6:00 p-6:45 p	\$14

**KEEP YOUR GUIDE FOR** SPRING CLASSES **SPRING SESSION STARTS MARCH 19TH!** REGISTER ANYTIME

Blue Classes are Winter Session • Green Classes are Spring Session





## **Soccer League**

Let's kick it in this beginner's recreational indoor soccer league for 3rd-5th graders. A clinic will be held the first week, followed by team play. At least one game will be played per week. Colvin's Tuesday class is for kindergarten-2nd grades. Winter league played indoors.

Ε	151321	Colvin	5wks-1/9	M	4:30 p-5:15 p	\$8
Ε	149500	L. Woodard	5wks	Tu	5:00 p-5:45 p	\$8
E	148931	Aley	7wks-3/26	M/W	4:30 p-5:30 p	\$15
E	151322	Colvin	8wks-3/27	Tu	4:30 p-5:15 p	\$12
E	150756	Colvin	5wks-3/28	W	5:00 p-6:00 p	\$11
E	151109	Linwood	7wks-3/27	Tu/Th	4:30 p-5:30 p	\$15

## **IT'S GAME TIME!**

A great opportunity for kids to take the skills learned in the prior sports clinics and put them to use in a game setting. Participants will be divided up into teams each day and will then play structured games. Classes 149904 and 149945 are for ages 11-14. Classes#148116 and 148199 are for ages 6-10

#### **Basketball**

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Ε	148116	Edgemoor	4wks-2/13	M	4:30 p-5:15 p	\$12			
Ε	149904	Edgemoor	10wks	W	4:30 p-5:15 p	\$28			
Ε	148199	Edgemoor	5wks-4/23	M	4:30 p-5:15 p	\$14			
Ε	149945	Edgemoor	10wks	W	4:30 p-5:15 p	\$28			
П	Indoor Soccer								
Ε	148117	Edgemoor	5wks-2/17	F	4:30 p-5:15 p	\$14			
Wiffleball									
E	150249	Edgemoor	5wks-4/27	F	4:30 p-5:15 p	\$14			

#### Soccer Clinic

Go toe to toe while learning the basics of soccer including offensive and defensive strategies. Ages 6-10.

Ε	148075	Edgemoor	5wks-1/13	F	4:30 p-5:15 p	\$13
Ε	148262	Evergreen	5wks	Sa	11:00 a-12:00 p	\$17
E	148365	Evergreen	5wks	Sa	11:00 a-12:00 p	\$17
E	149389	L. Woodard	5wks	Tu	5:00 p-5:45 p	\$13



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## NEW Skateboarding

Want to perfect your ollie or drop in like a pro? Beginning skaters will be introduced to skate safety, safety equipment, falling correctly, basic maneuvering, riding ramps and dropping in and some basic "tricks." All skaters must provide their own helmet, skateboard, elbow and knee pads. A completed Release of Liability & Indemnity Agreement also required prior to first class. Class meets directly at skate park. Ages 6-15.

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B	152169	Edgemoor	4wk-4/16	M	6:00 p-7:30 p	\$28
B	152170	Aley	4wk-4/28	Su	1:00 p-2:30 p	\$28

## NEW S.N.A.G. Golf

"Starting New at Golf" is a parent - youth class for ages 6 -12. SNAG contains all the elements of golf but in a modified form with its own simplified rules and terminology that adds fun to the learning and playing experience. Falling somewhere between miniature golf and regulation golf, SNAG allows for full shots, pitching, chipping, and putting. The ball has a limited distance, with the average player launching it a maximum of 50 yards. It is also a training program for beginners' fun. Register at Orchard Recreation Center.

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#### **Tennis**

Serve up some fun! Learn tennis fundamentals, rules and basic tennis terminology. Winter classes are indoors.

B	149314	L. Woodard	4wks-1/10	Tu	6:30 p-7:30 p	\$20
B	149315	L. Woodard	4wks-2/27	Tu	6:30 p-7:30 p	\$20
L	148178	Edgemoor	4wks-3/12	M	5:30 p-6:30 p	\$20
L	148179	Edgemoor	4wks-4/16	M	5:30 p-6:30 p	\$20
B	148180	Edgemoor	4wks-3/13	Tu	6:00 p-7:00 p	\$20
B	148181	Edgemoor	4wks-4/17	Tu	6:00 p-7:00 p	\$20
B	149017	Linwood	4wks-3/13	Tu	6:00 p-7:00 p	\$20
B	149018	Linwood	4wks-4/17	Tu	6:00 p-7:00 p	\$20
B	149402	L. Woodard	4wks-3/15	Th	6:00 p-7:00 p	\$20
B	149403	L. Woodard	4wks-4/19	Th	6:00 p-7:00 p	\$20
B	151704	Orchard	4wks-3/13	Tu	6:00 p-7:00 p	\$20
B	151705	<b>Orchard</b>	4wks-4/17	Tu	6:00 p-7:00 p	\$20

## NEW Track Tips

Learn basic skills and techniques. Experience the different forms of track to see which interests you the most. Ages 6+.

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E	151319	Colvin	7wks-4/4	W	4:30 p-5:30 p	\$15

#### **Volleyball Basics**

Learn the fundamentals such as passing, setting, spiking & serving. For 5th grade and above.

B	149445	Orchard	8wks	Tu	4:30 p-5:30 p	\$20
E	149321	L. Woodard	<b>6wks</b>	F	7:00 p-8:00 p	\$15
E	149409	L. Woodard	<b>6wks</b>	F	7:00 p-8:00 p	\$15

## Wiffleball Clinic Indoors

Learn the fundamentals of baseball by utilizing a plastic ball and bat, and playing indoors. Wiffleball is a safe way to learn and enjoy the great American sport of baseball. Ages 6-10.

E 150246	Edgemoor	5wks-3/23 F	4:30 p-5:15 p	\$14
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## SPECIAL INTEREST

## **Cowboy and Cowgirl Breakfast**

Grandparents, round up your favorite cowboys and cowgirls for a train ride, campfire breakfast, games and a pony ride. Fee is per grandparent, grandchildren are free. Ages 3-11.

149427 Watson 4/28 9:00 a-11:00 a \$12

## MRW Knight Training

Hear Ye! Hear Ye! Calling our Lords and Ladies to become a Knight of the realm. The training will include swordplay, jousting and a few surprises. Participants may dress up and must be ready to have fun. Ages 4 - 10 and must be able to follow instructions.

E 150802 Watson Sa 4/21 10:00 a-11:30 p

## **SCOUT BADGES**

## **Brownie: Fair Play**

Learning how to play fair in sports.

E 151421 Orchard Tu 6:00 p-7:30 p 2/28 151422 Orchard Š5 3/27 Tu 6:00 p-7:30 p

## **Brownie: Snacks**

Making yummy snacks for family and friends.

152152 Orchard 1/28 10:00 a-11:30 a \$8 152153 Orchard 4/14 Sa 10:00 a-11:30 a S8

#### **Brownie: First Aid**

Knowing how to get help in an emergency and treat minor injuries.

152155 Watson 10:00 a-11:30 a \$5 152156 Watson 4/28 10:00 a-11:30 a \$5

## Webelos: Forester

Explore the forest and study different trees and plants.

E 149436 Watson 10:15 a-11:45 a \$5

#### Webelos: Naturalist

Study living creatures and plants in Watson Park. E 150911 Watson 5/5 8:30 a-10:00 a

## Webelos: Readyman

Be prepared to treat minor injuries. Learn basic first aid skills.

E 149437 Watson 4/28 8:30 a-10:00 a Sa

## **Wolf: Fishing Clinic**

Bait your hook and take a fishing lesson. Family members may also fish with you.

E 149440 Watson 5/15 5:00 p-6:30 p



## TUTORING

## **Homework Club & Tutoring**

Elementary and middle school students can find help with school work and support for learning at the homework club. Bring your books and your school assignments, and let our teachers and tutors help you figure out your hardest problems.

149278 L. Woodard 5wks Th 6:00 p-6:45 p \$14 149366 L. Woodard 5wks Th 6:00 p-6:45 p \$14

## **Tutoring – Mathematics**

It's as easy as 1-2-3! Brush up on math skills with fun games and activities. Practice division, multiplication, subtraction and addition with a licensed USD259 Teacher. Edgemoor's Beginner classes are for Grade School ages 5-10 and Intermediate classes are for Middle School ages 11-13.

B	149748	Edgemoor	4wks-1/9	M	4:30 p-5:15 p	\$14
B	149749	Edgemoor	4wks-2/13	M	4:30 p-5:15 p	\$14
I	149750	Edgemoor	5wks-1/12	Th	4:30 p-5:15 p	\$18
I	149751	Edgemoor	5wks-2/16	Th	4:30 p-5:15 p	\$18
E	148293	Evergreen	5wks	M	5:15p-6:00p	\$14
B	149752	Edgemoor	5wks-3/19	M	4:30 p-5:15 p	\$18
B	149753	Edgemoor	5wks-4/23	M	4:30 p-5:15 p	\$18
	149754	Edgemoor	5wks-4/26	Th	4:30 p-5:15 p	\$18
	149755	Edgemoor	5wks-3/22	Th	4:30 p-5:15 p	\$18
E	148396	Everareen	5wks	M	5:15p-6:00p	\$14

Blue Classes are Winter Session • Green Classes are Spring Session





## HOLIDAY WORKSHOPS

## Celebrate the Season

Have some fun for the holidays by creating a special project for friends and loved ones. Materials will be provided.

E	151318	Colvin	12/15	Th	10:00 a-11:30 a	\$10
E	152250	Evergreen	12/17	Sa	1:00 p-2:30 p	\$10
E	150401	Orchard	12/17	Sa	10:00 a-11:30 a	\$10
E	152212	Colvin	1/10	Tu	6:00 p-6:45 p	\$6
E	156400	Orchard	2/4	Sa	10:00 a-12:00 p	\$10
E	152213	Colvin	2/7	Tu	6:00 p-6:45 p	\$6
E	152214	Colvin	3/6	Tu	6:00 p-6:45 p	\$6
E	151320	Colvin	3/8	Th	10:00 a-11:30 a	\$10
E	152251	Evergreen	4/7	Sa	1:00 p-2:30 p	\$10
E	151306	Colvin	4/17	Tu	6:00 p-6:45 p	\$6
E	151319	Colvin	4/16	Th	10:00 a-11:30 a	\$10
E	151307	Colvin	5/15	Tu	6:00 p-6:45 p	\$6

## **ART**

## NEW Acrylic Painting - Basics

Create your own masterpiece using acrylic paints and canvas. Participants will need their own supplies. Supply list available at Edgemoor. Ages 13 & up.

B	151110	Edgemoor	10wks	F	4:45 p-6:00 p	\$40
В	151111	Edgemoor	10wks	F	4:45 p-6:00 p	\$40

## NEW Art Explorers

Students will explore many different art styles and techniques and also develop various painting skills, drawing skills and arts & craft activities.

E	151419	L. Woodard	5wks	Tu	6:00 p-6:45 p	\$14
E	151420	L. Woodard	5wks	Tu	6:00 p-6:45 p	\$14

## NEW Comic Book Art

Do you want to be a comic book artist? Do you want to draw anime or manga? Draw comics of all types for Beginning and Intermediate level of participants. Ages 10-15.

E	149702	Edgemoor	8wks	M	6:30 p-7:15 p	\$24
E	149711	Edgemoor	10wks	Sa	10:45 a-11:30 a	\$30
E	149703	Edgemoor	9wks	M	6:30 p-7:15 p	\$27
E	149712	Edaemoor	10wks	Sa	10:45 a-11:30 a	\$30

## NEW Kids' Drawing

Pick up your pencil and learn basics of drawing along with breaking down drawings into simple shapes. Draw cartoon characters as well as still life images. Ages 5-10.

E	149700	Edgemoor	8wks	M	5:30 p-6:15 p	\$24
Ε	149710	Edgemoor	10wks	Sa	9:45 a-10:30 a	\$30
E	149701	Edgemoor	9wks	M	5:30 p-6:15 p	\$27
Ε	149713	Edgemoor	10wks	Sa	9:45 a-10:30 a	\$30



## NEW Life Drawing

Learn to draw everyday items such as flowers, still life images, and explore real life drawings. Must have taken Beginning class or have previous training in drawing in order to take the Intermediate level. Ages 13+.

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В	149704	Edgemoor	10wks	Tu	4:45 p-6:15 p	\$40
	149706	Edgemoor	9wks-1/17	Tu	6:30 p-7:45 p	\$30
B	149705	Edgemoor	10wks	Tu	4:45 p-6:15 p	\$40
L	149707	Edgemoor	9wks-3/27	Tu	6:30 p-7:45 p	\$30

## Make-It-Take-It Crafts

Fun for all! Create a theme project and learn popular craft techniques while having fun. Make at least 1 project each class.

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Ε	149695	Evergreen	10wks	M/W/F	4:30 p-5:30 p	\$10
Ε	149696	Evergreen	9wks	M/W/F	4:30 p-5:30 p	\$10

## **Scrapbook Basics**

Get started in the fun of scrapbooking! Learn about photo organization, product selection, album themes, page layout and design, documentation, plus other useful tips on scrapbook basics. Bring 15-20 photos with a related theme. Supply list will be given the first class. Ages 8-15.

	9		.9000				
E	149299	L. Woodard	5wks	M	5:00 p-5:45 p	\$14	
E	149387	L. Woodard	5wks	Sa	12:00 p-12:45 p	\$14	

## THEATER/DRAMA

## NEW Acting Techniques & Improvisation

To be or not to be! There is no question that this beginning acting class will teach the basic techniques to help you develop your character through theater games, improvisation, mime, and skits. Children will learn in a friendly and encouraging atmosphere. A presentation for parents will be held the last day of class. Ages 6-10.

E	152151	Linwood	6wk-1/12	Th	6:30 p-8:00 p	\$36
E	152150	Linwood	6wk-3/22	Th	6:30 p-8:00 p	\$36

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## **LANGUAGES**

## NEW American Sign Language

For ages 6 to 12 who want to learn to sign using only their hands. Children should expect to learn how actions and hand gestures are used to convey an idea.

Ε	150364	L. Woodard	5wks	Th	6:30 p-7:15 p	\$14
Ε	150363	L. Woodard	5wks	Tu	6:30 p-7:15 p	\$14
F	150362	I Woodard	5wks	Tu	6:30 n-7:15 n	\$14

## Spanish for Youth

Start your child on the bi-lingual path early! Learn numbers, colors, days of the week and simple phrases. Ages 6-10

B	148278	Evergreen	5wks	W	6:30 p-7:30p	\$24
Ε	149302	L. Woodard	5wks	Th	5:15 p-6:00 p	\$18
B	148381	Evergreen	5wks	W	6:00 p-7:00 p	\$24
E	149390	L. Woodard	5wks	Th	5:15 p-6:00 p	\$18

## COOKING

## **Fun with Food**

Put on your chef's hat! Make a main dish from scratch and top it off with dessert! Learn measuring, utensil use and kitchen safety. Bring 1 lb. ground beef, and 1 lb. chicken breast the first night of class. Ages 6-12.

E 140/30 Urciiaru 3WKS-3/23 W 3:30 U-7:30 U	\$33	5:30 p-7:30 p	W	5wks-3/25	Orchard	148796	Е
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## **Get Cooking**

Learn how to make snacks that will melt in your mouth! Includes tips on kitchen safety, table settings and how to use utensils. Boys and girls will learn to prepare foods. Ages 6-9.

Ε	149268	L. Woodard	5wks	Th	5:30 p-6:15 p	\$20
Ε	149356	L. Woodard	5wks	Tu	5:30 p-6:15 p	\$20

## SEWING

## Sewing

Teaches important and useful hand stitching used for everyday problems such as buttons and hem repair. Participants will make an apron. Ages 6-15.

E 148723 Orchard 3wks-2/11 Sat 10:00 a-12:00 p

## IN-SERVICE/CAMPS

## Inservice Recreation Day - Edgemoor, Evergreen, Linwood, Orchard, L. Woodard

Parents don't panic, we've got you covered! Kids ages 6-13 will enjoy supervised activities on their day off from school. Children must bring lunch and a beverage. Parents must preregister and complete required paperwork. Offered from 7 am-6 pm. Daily fee is \$15.

> **December 22, 23, 27-30 January 3** February 21

## **Spring Break Recreation Camp - Edgemoor,** Orchard, Linwood, L. Woodard

It's spring break from school, but not from work! We have day care for ages 6-13 for \$15 per day, per child. Hours are from 7:00 am until 6:00 pm; morning and afternoon snack are provided, participants must bring a sack lunch and drink. Enrollment is limited and is on a first come, first serve basis.

> March 15, 16, 19-23 **April 6, 30**

## RECREATION

## **Grade School Fun Night**

Grade school kids will enjoy organized activities such as gym games, game room entertainment, arts and crafts, movies and special events. Open to grades kindergarten-5th only. Fee is for 9 weeks or drop in \$1.00 per child, per visit.

E	148067	Edgemoor	9wks	F	6:00 p-7:30 p	\$5
E	148150	Edgemoor	8wks-3/30	F	6:00 p-7:30 p	\$4

## **Home School Play Time Bonanza**

Ages 6-15 have the gym and game room for entertaining recreational activities. Parent must accompany. Cost is per family at \$12 for 6 week session or \$4.00 per drop in.

L 100010 L. Woulding Owns in 1.00 p-0.00 p	150913	3 L. Woodard	DWKS	IU	1:00 p-3:00 p	\$12
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## Teen Night

Middle school and high school students can participate in basketball. Drop in for \$1.00 per visit. School I.D. is required.

E	148088	Edgemoor	8wks	M	6:30 p-8:00 p	\$4
Ε	148171	Edaemoor	10wks	M	6:30 p-8:00 p	\$6



**Blue Classes** are Winter Session • **Green Classes** are Spring Session



## **ADULT**



## **FITNESS**

#### 30 Minute Circuit

Just 30 minutes to a whole new you! Build strength, endurance and balance while rotating through 8-10 stations.

Ε	151308	Colvin	5wks	Tu	6:00 p-6:45 p	\$13
E	148609	Orchard	8wks	M/W	7:00 a-7:30 a	\$28
E	148610	Orchard	8wks	T/Th	5:30 p-6:00 p	\$28
E	149247	L. Woodard	5wks	Tu	5:30 p-6:15 p	\$13
E	151309	Colvin	5wks	Tu	6:00 p-6:45 p	\$13
E	148725	Orchard	8wks	M/W	7:00 a-7:30 a	\$28
E	149335	L. Woodard	5wks	Tu	5:30 p-6:15 p	\$13

#### **Aerobics - Cardio Mix**

Shake up your fitness routine with a mix of kickboxing, step, floor and boot camp exercises. You'll also work your abs and back to build strength and endurance. Cardio segments vary each class.

E	148498	Boston	10wks	Tu	5:30 p-6:20 p	\$23
Ē	148045	Edgemoor	10wks	Th	5:30 p-6:20 p	\$23
E	150906	Linwood	10wks	W	5:30 p-6:20 p	\$23
E	150350	L. Woodard	8wks	Th	4:00 p-4:50 p	\$19
E	148554	Boston	10wks	Tu	5:30 p-6:20 p	\$23
Ε	148128	Edgemoor	10wks	Th	5:30 p-6:20 p	\$23
Ε	151106	Linwood	10wks	W	5:30 p-6:20 p	\$23

## **Aerobics-Step**

Tone up, burn calories and improve cardiovascular fitness using step platforms. First half of class features cardio work followed by strength training with weights and floor exercise.

E	148611	Orchard	9wks	M/W	6:35 p-7:25 p	\$42
Ε	148727	Orchard	10wks	M/W	6:35 p-7:25 p	\$46

## **Arthritis Fitness Class**

Find pain relief through gentle exercises. Class designed for people with arthritis and related diseases. Practice a variety of exercises, endurance-building routines, relaxation techniques and receive health education.

E	148422	McAdams	9wks	F	10:00 a-10:45 a	<b>\$21</b>
E	148459	McAdams	9wks	F	10:00 a-10:45 a	\$21

#### **Balance Ball 101**

Improve your balance, coordination and strength using a fitness balance ball.

E	149795	<b>Orchard</b>	8wks	T/Th	4:15 p-5:15 p	\$40
E	149796	Orchard	8wks	T/Th	4:15 p-5:15 p	\$40

## **Bikini Boot Camp**

Ladies, get ready for summer! Experience a moderate to high intensity, military style workout designed specifically for women. Includes a variety of cardio styles and challenging sports drills through interval training sessions.

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E	149048	Orchard	8wks	T/Th	5:15 p-6:00 p	\$40
E	149056	Orchard	8wks	Sa	7:00 a-7:45 a	\$20

## **Boot Camp**

Build strength, endurance and cardio while getting ripped! This action packed military style workout for guys and gals will be held indoors. Indoor weight room will also be utilized.

E	150355	L. Woodard	5wks	Sa	11:45 a-12:30 p	\$13
E	149999	L. Woodard	5wks	W	5:30 p-6:15 p	\$13
E	148734	Orchard	8wks	M/W	6:00 a-6:45 a	\$40
E	150000	L. Woodard	5wks	W	6:00 n-6:45 n	\$13

## NEW Circuit Training

High intensity circuits, with fast paced, body weight exercises with emphasis on cardio and power. Agility exercises with a little rest in between. Targets aerobic endurance working all major muscle groups, some exercises may simulate martial arts exercises.

E	149997	L. Woodard	5wks	M	6:15 p-7:00 p	\$17
E	150356	L. Woodard	5wks	Sa	12:30 p-1:15 p	\$17
E	149998	L. Woodard	5wks	Tu	6:15 p-7:00 p	\$17

#### **Core and More**

Work on that six pack! This class targets the upper and lower abdominals, obliques, transverse and back muscles which supply power and support to the entire body.

E	148056	Edgemoor	8wks	M	6:30 p-7:00 p	\$14
E	148139	Edgemoor	10wks	M	6:30 p-7:00 p	\$18

#### **Core Strength and Balance**

Whittle your middle while improving balance! Eight week Orchard Fitness Center membership included.

Ε	148623	Orchard	8wks	M/W	1:00 p-2:00 p	\$56	
Ε	148739	Orchard	8wks	M/W	1:00 p-2:00 p	\$56	

#### **Dancercise**

The ultimate dance based fitness program! Combine popular dances such as Cha-Cha slide and the Cupid Shuffle with cardio, stretching, strengthening, and toning.

	,	9 /	9	9 /	9	
E	148427	<b>McAdams</b>	8wks	M	9:15a-10:00a	\$19
E	148464	McAdams	8wks	M	9:15a-10:00a	\$19

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#### Fitness 101

Enjoy a new fitness program designed just for you, but work out in a group setting for more motivation! Instructor will customize your workout and track your progress. Cardio machines and weights will be used. Eight week Orchard Fitness Center membership included.

Ε	149995	L. Woodard	5wks	Th	6:00 p-7:00 p	\$18
E	148667	Orchard	8wks	T/Th	6:00 p-7:00 p	\$56
Ε	149996	L. Woodard	5wks	Th	6:15 p-7:15 p	\$18
Ε	148783	Orchard	8wks	T/Th	6:00 p-7:00 p	\$56

## Muscle Mania

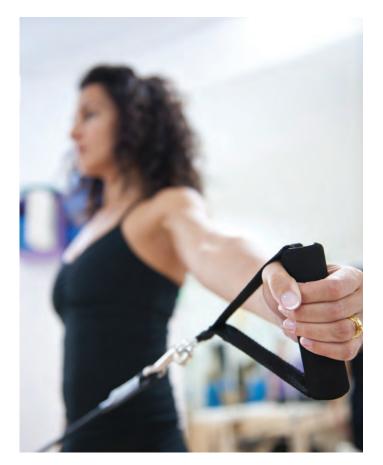
Get ready for a combination of exercises that focus on building/ sculpting muscle and maximizing strength. Class will use stability balls, medicine balls, handheld weights, steps, and floor exercises.

Ε	151310	Evergreen	10wks	Th	6:30 p-7:20 p	\$21
Ε	151311	Evergreen	10wks	Th	6:30 p-7:20 p	\$21

## Strength, Cardio and Toning Circuit

Spice up your workout! This no-nonsense workout consists of 30 minutes of weight training and cardio exercises while rotating through stations such as: lunges, ball crunches, jump ropes, wall sits and much more.

E	149304	L. Woodard	5wks	Th	5:15 p-6:00 p	\$13
E	150354	L. Woodard	5wks	Sa	11:00 a-11:45 a	\$13
E	149392	L. Woodard	5wks	Th	5:15 p-6:00 p	\$13



## Step N Pump

High energy class that will improve cardiovascular fitness. Class will utilize the steps followed by strength training and toning, using weights and floor exercise.

E	150501	Evergreen	8wks	M	6:15 p-7:15 p	\$20
E	150502	Evergreen	10wks	M	6:15 p-7:15 p	\$24

## NEW Step Sculpt

Get a great workout with 30 minutes of step followed by intense muscle conditioning to sculpt your body.

E	151312	Evergreen	10wks	W	6:00 p-6:30 p	\$12
E	151313	Evergreen	10wks	W	6:00 p-6:30 p	\$12

#### Tai Chi

Find inner peace by practicing a series of gentle, flowing postures and movements to improve balance, coordination, and relieve stress.

E	148087	Edgemoor	9wks	M/W	11:15 a-12:15 p	\$52
E	148967	Linwood	10wks	Tu/Th	5:45 p-6:45 p	\$58
E	150097	L. Woodard	6wks	T/Th	12:30 p-1:30 p	\$35
E	149308	L. Woodard	6wks	T/Th	5:30 p-6:30 p	\$35
E	148170	Edgemoor	10wks	M/W	11:15 a-12:15 p	\$58
E	149012	Linwood	10wks	Tu/Th	5:45 p-6:45 p	\$58
E	149396	L. Woodard	6wks	Tu/Th	5:45 p-6:45 p	\$35

## **Total Body Workout**

Go from flab to fab! Features cardio and strength training with hand-held weights, bands, balls and your body resistance. Core work included.

E	148099	Edgemoor	10wks	Tu	10:00 a-10:50 a	\$23
E	148100	Edgemoor	10wks	Th	10:00 a-10:50 a	\$23
E	148182	Edgemoor	10wks	Tu	10:00 a-10:50 a	\$23
Ε	148183	Edaemoor	10wks	Th	10:00 a-10:50 a	\$23

## WEW Weight Loss 101

Learn about what you need to do to rev up your metabolism and burn calories. You will gain knowledge on proper form and function of resistance and cardio machines. Nutritional information will help you balance calories. Class includes fitness center membership.

E	149045	Orchard	8wks	Sa	9:15 a-10:15 a \$40
E	149046	Orchard	8wks	Sa	9:15 a-10:15 a \$40

## Wall Weight Loss 102 - The Next Step

Step it up with this next level weight loss calorie burn class. Cardio and resistance training combined with core intensive exercises. Class includes fitness center membership.

Е	149047	Orchard	8wks	Sa	10:30 a-11:30	a \$40
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#### **Women on Weights**

Prepare to be WOWed during this workout for women only. Learn how to train correctly and effectively with workouts customized especially for you. Class includes fitness center membership.

Ε	148717	<b>Orchard</b>	8wks	Sa	8:00 a-9:00 a	\$40
Ε	148833	Orchard	8wks	Sa	8:00 a-9:00 a	\$40



## **ADULT**

## **Prenatal Yoga**

For women in their 2nd and 3rd trimesters. A unique prenatal wellness class that combines all the benefits of yoga, with special hip opening dance and birth ball moves. Dress comfortably and bring water for hydration. You will need two pillows, a light throw blanket, and yoga mat. You are encouraged to visit your doctor before attending.

E	<b>150357</b>	Edgemoor	<b>6wks</b>	Sa	8:30 a-10:00 a	\$35
E	150361	Edgemoor	<b>6wks</b>	Sa	8:30 a-10:00 a	\$35

## Yoga

Learn basic gentle stretching, breathing, mental focus, and relaxation techniques to improve health and posture. Practice precision and alignment by holding poses. Props may be used.

Pe	rsonal flo	or mats enc	ouraged.			
E	148541	Boston	8wks	M	9:00 a-10:10 a	\$28
E	148539	Boston	8wks	M	6:00 p-7:10 p	\$28
E	148540	Boston	10wks	W	9:00 a-10:10 a	\$34
E	148542	Boston	10wks	W	6:00 p-7:10 p	\$34
E	148107	Edgemoor	10wks	Tu	5:45 p-6:45 p	\$29
E	148108	Edgemoor	10wks	Tu	7:00 p-8:00 p	\$29
E	148106	Edgemoor	10wks	W	9:45 a-10:45 a	\$29
E	148105	Edgemoor	10wks	Th	6:00 p-7:00 p	\$29
В	148301	Evergreen	10wks	W	7:00 p-7:50 p	\$24
В	148302	Evergreen	10wks	Sa	10:00 a-10:50 a	\$24
B	148303	Evergreen	10wks	Tu	11:15 a-12:05 p	\$24
B	148304	Evergreen	10wks	Th	11:15 a-12:05 p	\$24
E	148977	Linwood	10wks	Tu	6:30 p-7:30 p	\$29
E	148597	Boston	10wks	M	9:00 a-10:10 a	\$34
E	148595	Boston	10wks	M	6:00 p-7:10 p	\$34
E	148596	Boston	10wks	W	9:00 a-10:10 a	\$34
E	148598	Boston	10wks	W	6:00 p-7:10 p	\$34
E	148190	Edgemoor	10wks	Tu	5:45 p-6:45 p	\$29
E	148191	Edgemoor	10wks	Tu	7:00 p-8:00 p	\$29
E	148189	Edgemoor	10wks	W	9:45 a-10:45 a	\$29
E	148188	Edgemoor	10wks	Th	6:00 p-7:00 p	\$29
B	148404	Evergreen	10wks	W	7:00 p-7:50 p	\$24
B	148405	Evergreen	10wks	Sa	10:00 a-10:50 a	\$24
B	148406	Evergreen	10wks	Tu	11:15 a-12:05 p	\$24
B	148407	Evergreen	10wks	Th	11:15 a-12:05 p	\$24
E	149022	Linwood	10wks	Tu	6:30 p-7:30 p	\$29



Blue Classes are Winter Session • Green Classes are Spring Session



## Yoga - Hatha

Learn basic stretching, breathing & relaxation techniques to improve health and posture. Personal floor mats encouraged.

E 150351 L. Woodard 8wks Th 4:00 p-5:00 p \$2

## Yoga - Kripalu

Hatha postures practiced gently with an emphasis on being present in your body, and sustaining a flowing breath. Allows you to choose the level of physical intensity that is right for your body. Call Orchard for Kiwanis Community Facility and Auburn Hills locations and registrations.

E	148690	Kiwanis	10wks	W	6:00 p-7:00 p	\$29
E	148689	Orchard	8wks	M	6:00 p-7:00 p	\$24
E	148686	Orchard	10wks	T	1:00 p-2:00 p	\$29
E	148687	Orchard	10wks	Th	1:00 p-2:00 p	\$29
E	148688	Orchard	10wks	Th	5:30 p-6:30 p	\$29
E	148805	<b>Auburn Hills</b>	10wks	W	6:00 p-7:00 p	\$29
E	148805	Orchard	10wks	M	6:00 p-7:00 p	\$29
E	148802	Orchard	10wks	T	1:00 p-2:00 p	\$29
E	148803	Orchard	10wks	Th	1:00 p-2:00 p	\$29
E	148804	Orchard	10wks	Th	5:30 p-6:30 p	\$29

## NZVMBA - Introduction

Start off your Zumba experience the right way! This special introduction class will help you learn more about the visual and verbal cues used along with breaking down some basic steps and rhythms. This is great for anyone new to Zumba or even those who haven't done it in a while.

B	151900	Edgemoor	1/7	Sa	1:00 p-2:30 p	\$2
B	151901	Evergreen	1/8	Su	1:00 p-2:30 p	\$2
B	151902	Edgemoor	3/17	Sa	1:00 p-2:30 p	\$2
В	151903	Everareen	3/18	Su	1:00 p-2:30 p	\$2

## 3 ZVMBA In The Circuit

Take Zumba to the next level! Combine high energy, Latininspired dance-fitness moves with a series of strength training intervals.

Ε	148313	Evergreen	10wks	W	6:45 p-7:15 p	\$11
Ε	148416	Evergreen	10wks	W	6:45 p-7:15 p	\$11

## 3 ZVMBA Fitness

Join the hottest dance and fitness craze! Sculpt your body with simple Latin dance steps, interval and resistance training for a fun filled rhythmic workout.

Ε	148905	Aley	10wks	Th	6:30 p-7:30 p	\$29
Ε	148551	Boston	8wks	M	6:00 p-7:00 p	\$24
Ε	148552	Boston	10wks	Th	7:00 p-8:00 p	\$29
E	152211	Colvin	8wks	Tu	4:45 p-5:30 p	\$18
E	149899	Edgemoor	8wks	M	4:00 p-4:45 p	\$18
E	148122	Edgemoor	8wks	M	5:30 p-6:15 p	\$18
E	148120	Edgemoor	10wks	Tu	5:30 p-6:15 p	\$22
E	148123	Edgemoor	10wks	Th	4:30 p-5:15 p	\$22
E	148119	Edgemoor	10wks	F	9:00 a-9:45 a	\$22
E	148121	Edgemoor	10wks	M/W	9:00 a-9:45 a	\$44
E	148308	Evergreen	8wks	M	10:00 a-10:45 a	\$18
E	150657	Evergreen	8wks	M	6:30 p-7:15 p	\$18
E	148309	Evergreen	10wks	Tu	6:15 p-7:15 p	\$29
E	150658	Evergreen	10wks	W	6:30 p-7:20 p	\$24
E	148311	Evergreen	10wks	Th	5:45 p-6:30 p	\$22
E	148310	Evergreen	10wks	Sa	10:00 a-10:45 a	\$22
E	148982	Linwood	8wks	M	6:15 p-7:15 p	\$24
E	148984	Linwood	10wks	Th	5:45 p-6:45 p	\$29
E	149333	L. Woodard	8wks	M	6:00 p-7:00 p	\$24
E	152204	L. Woodard	8wks	Tu	7:00 p-8:00 p	\$24
E	148724	Orchard	9wks	M/W	5:45 p-6:30 p	\$40
E	149052	Orchard	10wks	Sa	12:00 p-1:00 p	\$29
E	148939	Aley	10wks	Th	6:30 p-7:30 p	\$29
E	148607	Boston	10wks	M	6:00 p-7:00 p	\$29
E	148608	Boston	10wks	Th	7:00 p-8:00 p	\$29
E	150758	Colvin	8wks-3/27	Tu	4:45 p-5:30 p	\$18
E	149901	Edgemoor	10wks	M	4:00 p-4:45 p	\$22
E	148205	Edgemoor	10wks	M	5:30 p-6:15 p	\$22
E	148203	Edgemoor	10wks	Tu	5:30 p-6:15 p	\$22
E	148206	Edgemoor	10wks	Th	4:30 p-5:15 p	\$22
E	148202	Edgemoor	10wks	F	9:00 a-9:45 a	\$22
E	148204	Edgemoor	10wks	M/W	9:00 a-9:45 a	\$44
E	148411	Evergreen	10wks	M	10:00 a-10:45 a	\$22
E	150659	Evergreen	10wks	M	6:30 p-7:20 p	\$24
E	148412	Evergreen	10wks	Tu	6:15 p-7:15 p	\$29
E	150660	Evergreen	10wks	W	6:30 p-7:15 p	\$22
E	148414	Evergreen	10wks	Th	5:45 p-6:30 p	\$22
E	148413	Evergreen	10wks	Sa	10:00 a-10:45 a	\$22
E	149027	Linwood	10wks	M	6:15 p-7:15 p	\$29
E	149029	Linwood	10wks	Th	5:45 p-6:45 p	\$29
E	149421	L. Woodard	8wks	Tu	6:15 p-7:15 p	\$24
E	148840	Orchard	10wks	M/W	5:45 p-6:30 p	\$44
E	149054	Orchard	9wks	Sa	12:00 p-1:00 p	\$26

## **KEEP YOUR GUIDE FOR** SPRING CLAS

**SPRING SESSION STARTS MARCH 19TH!** REGISTER ANYTIME

## NEW SZVMBA Toning

The original Zumba dance-fitness class taken to the next level! Challenge yourself by using light weight toning sticks incorporated with Latin dance steps to build coordination and muscle endurance.

E	149708	Edgemoor	10wks	Tu	11:00 a-11:45 a	\$23
E	151415	Linwood	10wks	W	6:30 p-7:15 p	\$23
E	149709	Edgemoor	10wks	Tu	11:00 a-11:45 a	\$23
E	151416	Linwood	10wks	W	6:30 p-7:15 p	\$23

## **SPORTS**

## Basketball - Open Gym

Self-officiated pickup games. Gym is available for adults ages 18 & up. Fee is per visit.

E	149496	L. Woodard	<b>6wks</b>	M-Th	11:00 a-3:00 p	\$1
E	149495	L. Woodard	6wks	M-Th	11:00 a-3:00 p	\$1
E	148454	McAdams	8wks	W	7:00 n-9:00 n	\$1

## **Bass Fishing Seminar**

Take the guess work out of bass fishing! Learn to maximize each lake's potential, pinpoint when fish are active and get tips on how to hook 'em! No rods or reels required. Lecture only

UII	HOW LO I	TOOK CITE IN	o rous or rec	sis ieq	uneu. Lecture om	у.
E	149426	Watson	May 31	Th	6:30 p-8:30 p	\$10

## **Boxing**

Go the distance as you jab, punch and learn the basic fundamental stances, combinations and defensive techniques. No contact class.

B	148231	Evergreen	8wks	Tu	6:00 p-7:00 p	\$19
B	149264	L. Woodard	8wks	Th	6:00 p-7:00 p	\$19
E	148334	Evergreen	8wks	Tu	6:00 p-7:00 p	\$19
В	149352	L. Woodard	8wks	Th	6:00 n-7:00 n	\$19

## Volleyball - Men's (Individual)

Self-officiated. Advanced session requires proficiency in all volleyball skills and court strategy (fast moving and extremely competitive).

A	148295	Evergreen	10wks	Tu	7:00 p-9:00 p	\$28
A	148398	Everareen	10wks	Tu	7:00 p-9:00 p	\$28

## **Volleyball - Women's Competitive (Team)**

Self-officiated. The ultimate competitive Women's league. Enroll by team, six members each. Must enroll at Evergreen only.

A	148296	Evergreen	10wks	W	8:00 p-10:00 p	\$120
A	148399	Evergreen	10wks	W	8:00 p-10:00 p	\$120

## Sand Volleyball - Coed (Team)

Get a great workout while playing in the sand! Self-officiated. Register as a team for this 6-on-6 league. Beginner's league features recreational play. Intermediate teams should have proficient skills. T-shirts will be awarded to the team with the best record.

В	149430	Watson	5wks-4/17	Tu	6:15 p-8:15 p	\$60
	149435	Watson	5wks-4/17	Tu	6:15 p-8:15 p	\$60

Blue Classes are Winter Session • Green Classes are Spring Session



## **ADULT**

## **∏∃**₩ Sand Volleyball Tournament

Bump, set, and spike in the sand! Tournament play for teams of 6. Must have at least two girls on the court. Winning team gets T-shirts. Limited number of spaces available.

E 150803 Watson 4/28 Sa 9:00 am	\$40
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#### **Tennis**

Love, set, match! Learn basic tennis fundamentals, rules and game strategies.

В	148174	Edgemoor	4wks-3/12	M	6:30 p-7:30 p	\$20
B	148175	Edgemoor	4wks-4/16	M	6:30 p-7:30 p	\$20
B	149013	Linwood	4wks-3/13	Tu	7:00 p-8:00 p	\$20
B	149014	Linwood	4wks-4/17	Tu	7:00 p-8:00 p	\$20
B	149398	L. Woodard	4wks-3/15	Th	7:00 p-8:00 p	\$20
B	149399	L. Woodard	4wks-4/19	Th	7:00 p-8:00 p	\$20
B	151700	Orchard	4wks-3/13	Tu	7:00 p-8:00 p	\$20
B	151701	Orchard	4wks-4/17	Tu	7:00 p-8:00 p	\$20

## **MARTIAL ARTS**

## **Chinese Internal Boxing**

Learn ancient Chinese martial arts. Includes boxing, kicking and self defense tactics. Must take Beginner's Chinese Boxing and receive instructor approval before taking the Intermediate class. A fun family class for ages 12+.

B	148951	Linwood	8wks	M	7:00 p-8:15 p	\$24
	148950	Linwood	8wks	M	5:30 p-7:00 p	\$28
B	148996	Linwood	10wks	M	7:00 p-8:15 p	\$29
	148995	Linwood	10wks	M	5:30 p-7:00 p	\$35

## **Self-Defense Workshop**

Includes hand-to-hand contact, control techniques, pressure points, blocks, kicks and punches to enable people to protect themselves. Ages 8+.

E	151100	Edgemoor	3/10	Sa	9:30 a-12:30 p	\$11
E	150950	Linwood	1/14	Sa	8:30 a-12:30 p	\$15



#### Tae Kwon Do

Work your way up the martial arts ladder! Develop physical agility, self-discipline and respect for yourself and others. Belt advancement opportunities are available. A great family class. Ages 6+.

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E	148896	Aley	9wks	M/W	6:15 p-7:15 p	\$52
E	148085	Edgemoor	10wks	Tu/Th	6:15 p-7:15 p	\$58
L	148086	Edgemoor	10wks	Tu/Th	7:15 p-8:15 p	\$58
E	150352	Evergreen	9wks	Tu/Th	6:30 p-7:30 p	\$52
E	148966	Linwood	10wks	Tu/Th	7:00 p-8:00 p	\$58
E	148449	<b>McAdams</b>	9wks	Tu/Th	7:00 p-8:00 p	\$52
E	148702	Orchard	9wks	M/W	6:00 p-7:00 p	\$52
E	148936	Aley	10wks	M/W	6:15 p-7:15 p	\$58
E	150353	Evergreen	9wks	Tu/Th	6:30 p-7:30 p	\$52
E	148168	Edgemoor	10wks	Tu/Th	6:15 p-7:15 p	\$58
	148169	Edgemoor	10wks	Tu/Th	7:15 p-8:15 p	\$58
E	149011	Linwood	10wks	Tu/Th	7:00 p-8:00 p	\$58
I	151053	Linwood	10 wks	Tu/Th	8:00 p-9:00 p	\$58
E	148486	<b>McAdams</b>	9wks	Tu/Th	7:00 p-8:00 p	\$52
E	148818	Orchard	9wks-3/26	M/W	6:00 p-7:00 p	\$52

## **DANCE**

#### **Ballroom Dance**

Spin your way onto the dance floor! Learn popular ballroom dances including East Coast Swing and the Waltz. Fee is per person; couples encouraged. Minisa Community Facility is located at 704 West 13th, mail registrations to Evergreen. Kiwanis Community Facility is located at 5101 W 2nd St., mail registrations to Orchard.

В	148218	Minisa	10wks	W	7:00 p-8:00 p	\$33
	150500	Edgemoor	10wks	M	7:00 p-8:00 p	\$33
	148732	Kiwanis	10wks	W	7:00 p-8:00 p	\$33

## **Belly Dance**

Shimmy your way into shape as you isolate and work various body parts such as the shoulders, chest and stomach.

Advanced class requires instructor approval.

B	148946	Linwood	9wks	W	6:00 p-7:00 p	\$33
	148947	Linwood	9wks	W	7:00 p-8:00 p	\$33
A	148948	Linwood	9wks	W	8:00 p-9:00 p	\$33
A	148949	Linwood	9wks	Th	7:00 p-8:00 p	\$33
B	148991	Linwood	9wks	W	6:00 p-7:00 p	\$33
	148992	Linwood	9wks	W	7:00 p-8:00 p	\$33
A	148993	Linwood	9wks	W	8:00 p-9:00 p	\$33
A	148994	Linwood	9wks	Th	7:00 p-8:00 p	\$33

## Clogging

Feel the beat in this high energy folk dance class! Create audible rhythms with your feet. Bring clogging shoes. Kiwanis Community Facility: 5101 W. 2nd, mail registration to Orchard.

Ε	148621	<b>Kiwanis</b>	10wks	M	6:00 p-7:00 p	\$33
E	148737	<b>Kiwanis</b>	10wks	M	6:00 p-7:00 p	\$33

## Country 2-Step

2-step the night away while learning 2-step patterns to the most popular up-tempo country partner dance. Fee is per couple.

B 148997 Linwood 10wks 8:00 p-9:00 p Th

## **Country Dance - Basics**

Kick up your heels! Learn to 2-Step, Triple-Step and Waltz along with basic turns. Fee is per couple.

B 148140 Edgemoor 8wks-4/3 Tu 6:45 p-8:00 p \$43

## **Country Cha Cha**

Grab your sweetie and hit the dance floor! Learn advanced moves and turns set to country music songs. Fee is per couple.

I 150901 Linwood 10wks Th 8:00 p-9:00 p

## **Country Line Dance**

Get your boots a scootin! Learn the most popular dances such as the Tush Push, Twister, Hi-Tech and the Watermelon Crawl. Add new steps to favorite dances in the Intermediate class.

Children ages 9 and above may attend with a parent.

B	148877	Aley	10wks	Tu	6:30 p-7:30 p	\$36
B	148624	Orchard	10wks	Th	6:30 p-7:30 p	\$36
I	148625	Orchard	10wks	Th	7:45 p-8:45 p	\$36
B	148928	Aley	10wks	Tu	6:30 p-7:30 p	\$36
B	148740	Orchard	10wks	Th	6:30 p-7:30 p	\$36
	148741	Orchard	10wks	Th	7:45 p-8:45 p	\$36

## **East Coast Swing Dance**

Couples, put on your dancing shoes! Learn how to swing dance to country and old rock and roll songs. Fee is per couple.

В	<b>150900</b>	Linwood	10wks	Th	7:00 p-8:00 p	\$66
	151101	Linwood	10wks	Th	7:00 p-8:00 p	\$66

## Latin Dancing

Spice up your moves while learning the Salsa, Mambo, Cha-Cha, Rumba, and Cumbia dance techniques.

B	150300	Edgemoor	10wks	Sa	1:00 p-2:00 p	\$33
B	148220	Evergreen	8wks	Th	6:30 p-7:30 p	\$27
B	149506	L. Woodard	5wks	F	6:00 p-7:00 p	\$17
B	150301	Edgemoor	10wks	Sa	1:00 p-2:00 p	\$33
B	148323	Evergreen	8wks	Th	6:30 p-7:30 p	\$27
B	149507	L. Woodard	5wks	F	6:00 p-7:00 p	\$17

#### **Line Dancing Mixer**

Show off your line dance skills at this one-time special event. Pre-registration is requested.

Ε	148691	Orchard	1/22	Su	2:00 p-4:00 p	\$3
Ε	148807	Orchard	4/22	Su	2:00 p-4:00 p	\$3

## Social Dancing

This class will introduce basic Waltz, Foxtrot, Salsa, Swing and more. The lessons are designed to prepare you to dance socially with a lot of fun and confidence. Partner recommended.

E	151602	Evergreen	10wks	Sa	9:00 a-9:45 a	\$30
E	151603	Evergreen	10wks	Sa	9:00 a-9:45 a	\$30

## **HOME & GARDEN**

## **DO-IT-YOURSELF**

## **Get Wired**

Make Benjamin Franklin proud! Learn how to work with electrical wires to safely replace or install receptacles,

switches, and light fixtures. You'll be amazed when you discover how easy it is to install ceiling fans.

E	148962	Orchard	3/6	Tu	7:00 p-8:30 p	\$8	
E	148961	Edgemoor	2/18	Sa	10:00 a-11:30 a	\$8	
E	149007	Evergreen	4/14	Sa	10:00 a-11:30 a	\$8	
E	149006	Linwood	5/17	Th	7:00 p-8:30 p	\$8	

## Plumbing 101

Embrace your inner plumber! Learn how to find and clear that clog, install new faucets and make other faucet, toilet and drain repairs to help keep your plumbing system working smoothly.

		,	9 -		,	
E	151950	Linwood	2/23	Th	7:00 p-8:30 p	\$8
E	148266	Edgemoor	1/14	Sa	10:00 a-11:30 a	\$8
E	151951	Evergreen	4/18	W	7:00 p-8:30 p	\$8
E	148369	Orchard	3/31	Sa	10:00 a-11:30 a	\$8

## Wall Repair

Got holes? We've got serious solutions! From small cracks to large holes, you'll learn how to perform that perfect patch! This hands-on workshop will give you the experience you need to get the job done!

E	152100	Evergreen	1/25	W	7:00 p-8:30 p	\$8
E	152101	Linwood	3/3	Sa	10:00 a-11:30 a	\$8
E	152102	Edgemoor	3/27	Tu	7:00 p-8:30 p	\$8
E	152103	Orchard	4/28	Sa	10:00 a-11:30 a	\$8

## **Curb Appeal &** Staging with Style

Make a great first impression inside and out! Learn simple, cost effective staging strategies that will attract home buyers



The Standard for Excellence."

and allow them to visualize living in your home. Class ends with a visit to a staged property.

E	148954	Linwood	2/25	Sa	10:00 a-12:00p	\$8
E	148999	Orchard	5/5	Sa	10:00 a-12:00 p	\$8

## NEW Gardening 101

Unsure of your green thumb? Learn basic gardening strategies and practices to successfully grow your garden. Class covers composting, container, vegetable and flower gardening.

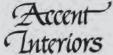
4wks-3/17 Sa E 151418 Linwood 9:00 a-10:30 a \$26

## Like us on Facebook!

Blue Classes are Winter Session • Green Classes are Spring Session



## Art of Window Design: A Passion for Fashion!



Dress up your windows! Follow our check list for selecting the perfect window treatments for you home.

E 148187 Edgemoor 5/3 Th 6:30 p-7:45 p \$8

## **Color Me Fabulous**

Bust out of that beige rut and work that color wheel! The way you feel in a room directly relates to color. Learn how to add and create color-coordination in your room.

E 148138 Edgemoor 3/28 Wed 6:30 p-7:45 p \$8

## **Recipe for a Stunning Room**

Follow the Design Doctor's "how to" guide to create a stylish room that fits your taste. Learn the essential ingredients to a stunning home and how to spice it up with other decorating options.

E 148164 Edgemoor 3/21 W 6:30 p-7:45 p \$8

## NEW Lawn Care 101



Learn how to maintain a beautiful lawn without the overuse of

chemicals. Class will discuss overseeding, aerating, weed prevention and control, soil PH, fertilizing and watering requirements. This class will help you turn your lawn into a lush carpet of grass this spring.

Presented by Johnson's Garden Center.

E 152105 Orchard 3/15 Th 6:30 p-8:00 p \$8

## Intro to Vegetable Gardening

Growing your own vegetables is easy and fun. It is a great way to have a family time while producing healthy food. Come and learn the basics in the four week class such as soil prep, vegetable selection, timelines and harvesting. Class price includes a Smart Pot container, soil, fertilizer and a tomato plant. Presented by Johnson's Garden Center.

E 152104 Orchard 4wks-3/7 W 6:30 p-7:30 p \$26

## FINANCE

## **N∃W** Be Street Smart About Money

Can you imagine being able to focus on making money rather than worrying about spending habits? You can get there, but first you have to learn when the money is spent, where it goes and where you are going by learning about your checking account, building a budget, security tips and caring for your credit. Continue learning or revisit what was discussed at home using the DVD provided to you or teach the entire family about money. Additional family members may attend at \$5 per person.

E 152401 L. Woodard 2/4 Sa 11:00 a-1:00 p \$19 E 152402 L. Woodard 2/23 Th 6:00 p-8:00 p \$19 E 152403 L. Woodard 4/21 Sa 11:00 a-1:00 p \$19

Blue Classes are Winter Session • Green Classes are Spring Session



## **Money Management**

Take control of your financial future by prioritizing your saving and investment goals. Learn how to prepare for an



emergency, retirement and your child's education. Workbook provided. Presented by Waddell & Reed, Inc.

148077	Edgemoor	1/10	Tu	6:30 p-8:00 p	\$8
148160	Edgemoor	3/20	Tu	6:30 p-8:00 p	\$8

## NEW Daily Finances

E E

This class will teach you how to manage your checkbook and budget for your every day needs.

E	151552	Evergreen	5wks	Tu	6:30 p-7:30 p	\$24
E	151553	Everareen	5wks	Tu	6:30 n-7:30 n	\$24

# Maw Understanding Property Insurance



Don't wait until it's too late to understand how your policy works! Learn about risks, liability and protection

to better ensure security for you and your family. This special workshop is provided by Farmers Insurance Group.

8	151750	- Falmannan	1/91	C-	10.00 - 11.00 -	Ċn
E	131/30	Edgemoor	1/21	Sa	10:00 a-11:30 a	\$8
Ε	151751	Edgemoor	3/24	Sa	10:00 a-11:30 a	\$8

## **LANGUAGES**

## NEW American Sign Language

This class is for Adults ages 16 + who want to learn how to sign using the American Sign Language.

E	150365	L. Woodard	5wks	Tu	7:15 p-8:15 p	\$17
E	150366	L. Woodard	5wks	Th	7:15 p-8:15 p	\$17
E	150367	L. Woodard	5wks	Tu	7:15 p-8:15 p	\$17

## **English for Spanish Speakers**

Develop your English skills. Spanish speakers will learn to practice common words, phrases and sentence structures in English taught by a native Spanish speaker. Boston and L. Woodard require the textbook 'English in 10 Minutes a Day'.

B	150045	Evergreen	4wks	V	7:00 p-8:30 p	\$25
B	150046	Evergreen	4wks-2/13	M	7:00 p-8:30 p	\$25
B	150661	Boston	5wks	Tu	6:00 p-7:30 p	\$31
B	150662	Boston	5wks-2/14	Tu	6:00 p-7:30 p	\$31
E	149504	L. Woodard	5wks	M	6:00 p-7:30 p	\$31
B	148563	Boston	5wks	Tu	6:00 p-7:30 p	\$31
B	148564	Boston	4wks-4/24	Tu	6:00 p-7:30 p	\$25
B	150047	Evergreen	5wks	M	7:00 p-8:30 p	\$31
B	150048	Evergreen	5wks- 4/23	M	7:00 p-8:30 p	\$31
E	149505	L. Woodard	5wks	M	6:00 p-7:30 p	\$31

## Spanish - Beginning

Boost your communication skills by learning a new language! Practice common words, phrases and sentence structures. Edgemoor requires the textbook 'Spanish in 10 Minutes a Day'. B+ classes are a continuation of the previous session.

B	148534	Boston	4wks	Th	6:00 p-7:30 p	\$25
<b>B</b> +	148535	Boston	4wks-2/16	Th	6:00 p-7:30 p	\$25
В	148083	Edgemoor	9wks	W	5:45 p-7:15 p	\$56
B	148272	Evergreen	4wks	M	10:00 a-11:30 a	\$25
<b>B</b> +	148273	Evergreen	4wks-2/13	M	10:00 a-11:30 a	\$25
В	148274	Evergreen	5wks	Tu	6:30 p-8:00 p	\$31
<b>B</b> +	148277	Evergreen	5wks-2/14	Tu	6:30 p-8:00 p	\$31
В	148270	Evergreen	5wks	Sa	12:00 p-1:30 p	\$31
<b>B</b> +	148271	Evergreen	5wks-2/18	Sa	12:00 p-1:30 p	\$31
В	148590	Boston	4wks	Th	6:00 p-7:30 p	\$25
<b>B</b> +	148591	Boston	4wks-4/26	Th	6:00 p-7:30 p	\$25
В	148375	Evergreen	5wks	M	10:00 a-11:30 a	\$31
<b>B</b> +	148376	Evergreen	5wks-4/23	M	10:00 a-11:30 a	\$31
В	148377	Evergreen	5wks	Tu	6:30 p-8:00 p	\$31
<b>B</b> +	148380	Evergreen	5wks-4/24	Tu	6:30 p-8:00 p	\$31
В	148373	Evergreen	5wks	Sa	12:00 p-1:30 p	\$31
<b>B</b> +	148374	Evergreen	5wks-4/28	Sa	12:00 p-1:30 p	\$31

## **Spanish – Continuing Basics**

This class is a continuation of skills learned in the Beginning Spanish class for those who require a refresher course.

<b>B</b> +	149697	Edgemoor	9wks	W	7:30 p-9:00 p	\$56
<b>B</b> +	149698	Edgemoor	9wks	W	5:45 p-7:15 p	\$56

## **Spanish – Intermediate**

This Spanish class is for students who have taken Beginning Spanish, and are ready to advance to an Intermediate Spanish class. I+ classes are a continuation of the previous session

	149049	Evergreen	4wks	M	11:30 a-1:00 p	\$25
1+	149050	Evergreen	4wks-2/13	M	11:30 a-1:00 p	\$25
T.	148275	Evergreen	5wks	Sa	10:30 a-12:00 p	\$31
1+	148276	Evergreen	5wks-2/18	Sa	10:30 a-12:00 p	\$31
1	149699	Edgemoor	9wks	W	7:30 p-9:00 p	\$56
1	149051	Evergreen	5wks	M	11:30 a-1:00 p	\$31
1+	149053	Evergreen	5wks-4/23	M	11:30 a-1:00 p	\$31
L	148378	Evergreen	5wks	Sa	10:30 a-12:00 p	\$31
1+	148379	Evergreen	5wks-4/28	Sa	10:30 a-12:00 p	\$31

#### Spanish - Advanced

For those students who have taken Beginning and Intermediate Snanish A+ classes are a continuation of the previous session

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A	148268	Evergreen	5wks	Sa	9:00 a-10:30 a	\$31
A+	148269	Evergreen	5wks-2/18	Sa	9:00 a-10:30 a	\$31
A	148371	Evergreen	5wks	Sa	9:00 a-10:30 a	\$31
A+	148372	Everareen	5wks-4/28	Sa	9:00 a-10:30 a	\$31



## COOKING

## M=W Cake Decorating

Learn how to prepare different frostings for cakes and make designs out of the various frostings for cake decorations.

E	149595	L. Woodard	5wks	M	6:00 p-7:00 p	\$22
E	149596	L. Woodard	5wks	Sa	11:00 a-12:00 p	\$22

## **Hispanic Cooking**

Make mouth watering authentic dishes ranging from flour tacos to enchiladas. You'll leave your quests wanting more at your next fiesta! Food is supplied. You must have taken Hispanic Basics to register for the Intermediate class. Learn to make 5 different menus. Winter session will be held at Minisa Community Facility, 704 West 13th Street.

B	148259	Evergreen	5wks	F	6:00 p-7:00 p	\$29
	148260	Evergreen	5wks	W	6:00 p-7:00 p	\$29
B	148362	Evergreen	5wks	F	6:00 p-7:00 p	\$29
ı	148363	Everareen	5wks	W	6:00 p-7:00 p	<b>S29</b>

## SPECIAL SKILLS

## **Crochet - Beyond the Basics**

Create one of a kind crochet projects! A variety of projects will be made including pillows and a scarf. Must know basic crochet techniques. Bring 1 skien of yarn and a hook.

Ε	149756	Evergreen	4wks	M	6:15 p-7:00 p	\$18
Ε	149757	Evergreen	4wks	M	6:15 p-7:00 p	\$18

## Flower Arrangements

Create your own show stopping designs for your home, office or business. Students will receive a supply list the first class.

B	148429	<b>McAdams</b>	8wks	Sa	4:00 p-6:00 p	\$50
B	148466	<b>McAdams</b>	8wks	Sa	4:00 p-6:00 p	\$50

#### **Jewelry Creations**

Bead dazzled! Class covers beading basics and wire work including handmade clasps and ear wires. Students provide 20-gauge copper wire and beads. Age 16+.

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E	148432	<b>McAdams</b>	<b>6wks</b>	Su	3:00 p-5:00 p	\$40
E	148469	McAdams	<b>6wks</b>	Su	3:00 n-5:00 n	\$40

#### Scrapbooking

Capture your photo memories in a fun and creative way through scrapbooking! Make friends while learning photo organization, product selection, album themes, design layout and other useful tips. Supply list provided the first class.

E .	1/10200	L. Woodard	Swke	W	6:00 p-6:50 p	\$18
-				VV		1.0
Е	149386	L. Woodard	5wks	Sa	2:00 n- 2:50 n	S18

## Sewing

Save money and express your own style! Sewing machines provided and sew by hand. Learn to read patterns to make clothing, drapes and more. Supply list provided first class

	3,		1 1 7	- 1		
B	148446	<b>McAdams</b>	8wks	Sa	12:00 p-2:00 p	\$50
В	148483	McAdams	8wks	Sa	12:00 p-2:00 p	\$50

Blue Classes are Winter Session • Green Classes are Spring Session



## NEW Wedding Party Planning

Here comes the bride! Learn to decorate, make programs, create invitations and plan for the dinner!

E	151314	<b>McAdams</b>	8wks	Sa	2:00 p-4:00 p	\$48
Ε	151315	<b>McAdams</b>	8wks	Sa	2:00 p-4:00 p	\$48

## **PHOTOGRAPHY**

## **Digital Photography**

Beginning shutterbugs explore camera function, composition, editing, printing and archiving. Bring camera and memory card.

B	151054	Edgemoor	4wks-1/19	Th	6:00 p-8:00 p	\$31
B	150905	Linwood	5wks-1/9	M	6:30 p-8:30 p	\$38
B	148617	Orchard	4wks-1/23	M	6:00 p-8:00 p	\$31
B	151105	Linwood	5wks-3/19	M	6:30 p-8:30 p	\$38
B	148733	Orchard	4wks-3/26	M	6:00 p-8:00 p	\$31

## Digital Photography for the SLR user

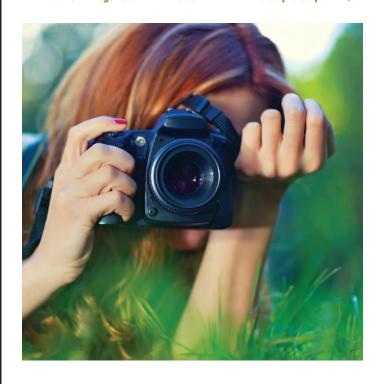
Take your photography to a new level! Class designed for cameras with removable lens. Study exposure, color, composition and more. Bring camera, cameral manual and digital work examples. Non SLR camera owners can attend this class. Many of the topics/exercises can be used on nicer point-and-shoot cameras.

E	148626	Orchard	5wks	Tu	6:00 p-8:00 p	\$38
E	148742	Orchard	5wks-3/27	Tu	6:00 p-8:00 p	\$38

## **Digital Photography Indoor and Outdoor**

Improve your digital photo's by learning the steps necessary to transition between indoor and outdoor landscapes and indoor portraits. Topics will include settings, picture style, ISO, light balance and color of light. Class will not meet on 4/12

E 148145 Edgemoor 4wks-3/22 Th 6:00 p-8:00 p



Blue Classes are Winter Session • Green Classes are Spring Session

## **ENRICHMENT**

## **Computer Basics**

Hit the keyboards to learn word processing, sending e-mails and web surfing. Intermediate students tackle Excel and advanced applications.

au	variced ap	opiications.				
B	148869	Aley	8wks	Tu	5:30 p-6:30 p	\$32
B	151112	Aley	8wks	Tu	6:30 p-7:30 p	\$32
	151113	Aley	8wks	Th	5:30 p-6:30 p	\$32
	151114	Aley	8wks	Th	6:30 p-7:30 p	\$32
B	150759	Colvin	8wks	Tu	10:00 a-11:00 a	\$32
B	151298	Colvin	8wks	W	5:30 p-6:30 p	\$32
B	148223	Evergreen	8wks	M	6:00 p-7:00 p	\$32
B	151400	Evergreen	8wks	Sa	10:00 a-11:00 a	\$32
L	148224	Evergreen	8wks	M	7:00 p-8:00 p	\$32
L	151409	Evergreen	8wks	Sa	11:00 a-12:00 p	\$32
B	148927	Aley	8wks	Tu	5:30 p-6:30 p	\$32
B	151116	Aley	8wks	Tu	6:30 p-7:30 p	\$32
L	151117	Aley	8wks	Th	5:30 p-6:30 p	\$32
L	151118	Aley	8wks	Th	6:30 p-7:30 p	\$32
B	150760	Colvin	8wks-3/27	Tu	10:00 a-11:00 a	\$32
B	151299	Colvin	8wks-3/28	W	5:30 p-6:30 p	\$32
B	151300	Colvin	8wks-3/28	W	6:30 p-7:30 p	\$32
B	148326	Evergreen	8wks	M	6:00 p-7:00 p	\$32
L	151408	Evergreen	8wks	Sa	10:00 a-11:00 a	\$32
	148327	Evergreen	8wks	M	7:00 p-8:00 p	\$32
	151410	Evergreen	8wks	Sa	11:00a-12:00p	\$32

#### Introduction to PowerPoint

Learn how to create a simple presentation, edit slides, insert clipart, apply designs, work with views and run the slide show. Class will also cover how to save, print, and open presentations.

Ė	151555	Evergreen	2/18	Sa	1:00 p-3:00 p	\$18
E	151556	Evergreen	4/14	Sa	1:00 p-3:00 p	\$18

## **Resume Workshop**

Dread updating or creating a resume? Learn how to create a successful resume for today's environment using Word and take away a finished or nearly finished product. Participant must bring own flash drive.

B	151411	L. Woodard	1/19	Th	5:30 p-7:00 p	\$9
B	151412	L. Woodard	2/9	Th	6:00 p-7:30 p	\$9
B	151413	L. Woodard	3/22	Th	5:30 p-7:00 p	\$9
B	151414	L. Woodard	4/19	Th	6:00 p-7:30 p	\$9

## **BEAUTY**

#### **Get MesmerEYEZed**

All eyes on YOU! A professional make-up and wardrobe stylist will help you master the perfect smokey-eye and teach you expert techniques so your eye shadow corresponds with any look.

E	148509	Boston	4wks-2/7	Tu	6:00 p-7:00 p	\$16
E	151350	Evergreen	4wks	W	6:00 p-7:00 p	\$16
E	148565	Boston	4wks-4/17	Tu	6:00 p-7:00 p	\$16
Ε	151352	Evergreen	4wks	W	6:00 p-7:00 p	\$16

## Make Up 101

Whether you have fair skin or dark skin or any shade in between, Make Up 101 will give you everything you need to achieve any look from the office to the dance floor.

Е	148524	Boston	4wks	Tu	6:00 p-7:00 p	\$13
E	151354	Evergreen	5wks	W	7:00 p-8:00 p	\$16
E	148580	Boston	4wks	Tu	6:00 p-7:00 p	\$13
E	151353	Evergreen	5wks	W	7:00 p-8:00 p	\$16

## ART & MUSIC

## N Acrylic Painting - Basics

Create your own masterpiece using acrylic paints and canvas. Participants will need their own supplies. Supply list available at Edgemoor. Ages 13 & up.

В	151110	Edgemoor	10wks	F	4:45 p-6:00 p	\$40
В	151111	Edgemoor	10wks	F	4:45 p-6:00 p	\$40

## N W Life Drawing

Learn to draw everyday items such as flowers, still life images, and explore real life drawings. Must have taken beginning class or have previous training in drawing in order to take the Intermediate level. Ages 13 & up.

B	149704	Edgemoor	10wks	Tu	4:45 p-6:00 p	\$40
I	149706	Edgemoor	9wks-1/17	Tu	6:30 p-7:45 p	\$36
B	149705	Edgemoor	10wks	Tu	4:45 p-6:15 p	\$40
ī	149707	Edgemoor	9wks-3/27	Tu	6:30 p-7:45 p	\$36

## Oil Painting

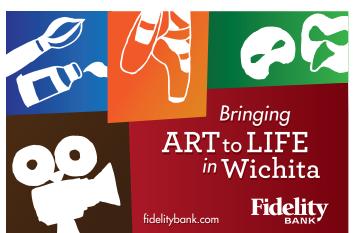
Dream big as you choose your next project! Work one-on-one with the instructor to take your painting skills to the next level. This class is for Basic to Advanced painters. Bring supplies. Ages 16+.

E	148078	Edgemoor	8wks	M	3:15 p-5:15 p	\$53
E	148161	Edgemoor	9wks-3/26	M	3:15 p-5:15 p	\$60

## **NAW** Painting Techniques

Grab a brush and start painting! Learn to paint/stain rooms, offices, lobbies and hallways with special effects. Techniques include murals, stencils, marbleizing and stone effects

		, 0	,	9		
E	151316	<b>McAdams</b>	8wks	Sa	10:00 a-12:00 p	\$48
E	151317	<b>McAdams</b>	8wks	Sa	10:00 a-12:00p	\$48





## MW Fundamentals of Drawing

What to draw? This class will cover the basics such as contour, shading and perspective and will give beginning and experienced artists something to think about. Instructed by City Arts. Supplies provided for first class. Students will receive supply list the first night. Age 16+

E	152350	Orchard	5wks-1/11	W	1:00 p-3:00 p	\$50
E	152354	Orchard	5wks-3/21	W	1:00 p-3:00 p	\$50

## **Nature** Watercolor Basics

Beginners will learn basic techniques of watercolor such as color mixing, perspective and composition. Students are encouraged to develop their own style of painting. Instructed by City Arts. Supplies provided for first class. Students will receive supply list the first night. Age 16+

		_	•			
E	152352	Evergreen	5wks-2/15	W	6:00 p-8:00 p	\$50
E	152353	Everareen	5wks-4/18	W	6:00 p-8:00 p	\$50

## Making with Wire

Create unique handmade jewelry such as bracelets, necklaces and earrings using basic wire work techniques. Also learn to make your own ear wires, hook and eye closures and more. Instructed by City Arts. Student supplies spool of 20-guage copper wire and beading/pendants. Age 16+

E	152355	Orchard	4wks-1/13	F	6:00 p-8:00 p	\$40
E	152356	Orchard	4wks-3/23	F	6:00 p-8:00 p	\$40

#### Guitar I

Strum your heart out! Pick up guitar basics including tuning, strumming chords, understanding guitar charts, tablature, and reading music. Student must bring own guitar. Families welcome! Ages 13+.

		3				
B	148880	Aley	8wks	Tu	6:30 p-7:30 p	\$32
B	151115	Aley	8wks	Tu	7:30 p-8:30 p	\$32
B	148929	Aley	8wks	Tu	6:30 p-7:30 p	\$32
В	148930	Alev	8wks	Tu	7:30 p-8:30 p	\$32

Blue Classes are Winter Session • Green Classes are Spring Session





## **FITNESS**

#### **Arthritis Fitness Class**

Find pain relief through gentle exercises. Class designed for people with arthritis and related diseases. Practice a variety of exercises, endurance-building routines, relaxation techniques and receive health education.

E	148422	<b>McAdams</b>	9wks	F	10:00 a-10:45 a	\$21
Ε	148459	<b>McAdams</b>	9wks	F	10:00 a-10:45 a	\$21

#### **Forever Fit**

A low impact fitness class which promotes increased strength, range of movement, balance and flexibility with the use of handheld weights and elastic tubing with handles. A chair is used for seated and/or standing support.

Ε	148065	Edgemoor	10wks	Tu	9:00 a-9:50 a	\$23
Ε	148066	Edgemoor	10wks	Th	9:00 a-9:50 a	\$23
Ε	150902	Linwood	8wks	M	10:30 a-11:20 a	\$19
Ε	150903	Linwood	10wks	W	10:30 a-11:20 a	\$23
Ε	149147	<b>Orchard</b>	8wks	M	9:00 a-9:50 a	\$19
Ε	149148	<b>Orchard</b>	10wks	W	9:00 a-9:50 a	\$23
Ε	148148	Edgemoor	10wks	Tu	9:00 a-9:50 a	\$23
Ε	148149	Edgemoor	10wks	Th	9:00 a-9:50 a	\$23
Ε	151102	Linwood	10wks	M	10:30 a-11:20 a	\$23
Ε	151104	Linwood	10wks	W	10:30 a-11:20 a	\$23
Ε	149149	<b>Orchard</b>	10wks	M	9:00 a-9:50 a	\$23
E	149150	Orchard	10wks	W	9:00 a-9:50 a	\$23

#### Stretch and Tone

Get energized! Stay active and improve your muscle tone and flexibility. Bring your own exercise mat for Watson Park only.

Ε	150558	Boston	8wks	M	9:30 a-10:20 a	\$19
Ε	150556	Orchard	10wks	Tu	8:30 a-9:20 a	\$23
Ε	150557	Orchard	10wks	Th	8:30 a-9:20 a	\$23
Ε	150095	Watson	10wks	M/F	9:30 a-10:20 a	\$46
E	150559	Boston	10wks	M	9:30 a-10:20 a	\$23
Ε	150560	Orchard	10wks	Tu	8:30 a-9:20 a	\$23
Ε	150561	Orchard	10wks	Th	8:30 a-9:20 a	\$23
Ε	149432	Watson	10wks	M/F	9:30 a-10:20 a	\$46

**Blue Classes** are Winter Session • **Green Classes** are Spring Session

#### Tai Chi

Reduce your stress! Perform low impact and gentle flowing movements while improving balance and body alignment. Suitable for all arthritis types and related conditions. Wear loose, comfortable clothing and soft soled shoes.

B	148702	Orchard	10wks	Tu/Th	10:00 a-10:50 a	\$46
L	148704	Orchard	10wks	Tu/Th	11:00 a-11:50 a	\$46
B	148819	Orchard	10wks	Tu/Th	10:00 a-10:50 a	\$46
L	148820	Orchard	10wks	Tu/Th	11:00 a-11:50 a	\$46

## Yoga

Can you say ohmmmm? You'll love this Yoga class which will move you through basic stretches and poses. Bring your own mat.

E	149425	Watson	10wks	W	9:30 a-10:20 a	\$23
E	149441	Watson	10wks	W	9:30 a-10:20 a	\$23

## 3 ZVMBA Gold

Shake your tail feathers with Latin inspired dance rhythms! Learn basic Cha-Cha, Merengue, Salsa, Cumbia and some belly dance moves. Designed specifically for the active older adult and those with special needs.

E	149895	Edgemoor	8wks	M	10:00 a-10:45 a	\$19
E	149896	Edgemoor	10wks	F	10:00 a-10:45 a	\$23
Ε	149897	Edgemoor	10wks	M	10:00 a-10:45 a	\$23
Ε	149898	Edgemoor	10wks	F	10:00 a-10:45 a	<b>S23</b>

## SPECIAL INTEREST

#### **Jewelry Making**

Learn to create your own designer jewelry. Tools are provided. Supplies must be purchased separately.

				-		
E	149160	<b>McAdams</b>	8wks	Su	4:00 p-6:00 p	\$50
E	149161	<b>McAdams</b>	8wks	Su	4:00 p-6:00 p	\$50



## Do you remember this building in North Riverside Park?

It is a now a historic building and needs your help!
You can join the volunteers who are working to save it!
See Friends of Wichita's Historic Fresh Air Baby Camp
on Facebook

Send a donation to: Fresh Air Baby Camp Wichita Park & Recreation Fund 455 N. Main St Suite 1101, Wichita KS, 67202

email: freshairbabycamp.wichita@gmail.com

## **SPECIALTY CLASSES**



**ALL CLASSES ARE FREE** PLEASE REGISTER IN PERSON OR GO TO GPNC.ORG

#### STORYTIME

Join us inside the Great Plains Nature Center's lobby for story time. Mostly for little ones, but everyone is welcome. Every Wednesday, 11:00 a

#### LITTLE NATURE LOVERS

Explore the world of nature through crafts, games and children's literature. Lots of sensory experiences will develop understanding and enrich your child's appreciation of the great outdoors. Ages 3 - 5 and a caregiver. Thursdays, 9:30 a-10:30 a

#### CREATURE FEATURE

This program for home school families will feature one of our naturalists who will share their knowledge and experiences with nature and wildlife in the Coleman Auditorium. Programs average 45 minutes. First Monday of every month, 2:00 p.

#### SENIOR WEDNESDAY

Join us for an informational program and refreshments. Jessica Mounts, District Fisheries Biologist with the Kansas Department of Wildlife, Parks & Tourism, will tell us about fish monitoring - gathering the data on fish populations in lakes throughout the area.

February 29, 10:00 a-11:30 a

## **GREAT PLAINS NATURE CENTER**

6232 EAST 29TH NORTH • WICHITA, KS 67220 • 316-683-5499 MONDAY - SATURDAY, 9 AM TO 5 PM

#### SPRING FLING

Bored over spring break? Come over to the Nature Center for a nature film plus games and activities. A new film will show every day at 1:30 p March 19 - 23

## **FULL MOON WALKS**

Join us for an evening stroll through Chisholm Creek Park looking at nature through the eyes of nocturnal creatures. We'll also celebrate full moons!

January 9, 6:30 p February 7, 6:30 p March 8, 8 p April 6, 8:30 p

## JUNIOR DUCK STAMP CAMP

Learn more about the art & nature program that's sweeping the nation during one of two "Stamp Camps". Investigate tips and techniques on how to prepare your art entry for the Junior Duck Stamp competition; deadline for submitting entries is March 15. Choose one of the following camps:

Saturday, January 14; 9:00 a. - 12:00 p Saturday, February 18; 9:00 a. - 12:00 p



## **LEARN TO ROW**

A cooperative partnership with the Wichita Rowing Association. For ages High School to adult. Call 268-4361 to register or mail registration to Wichita Park & Rec, 455 N. Main – 11th floor, Wichita, KS 67202.

## **Introduction to Rowing**

Row, Row, Row your boat gently down the Arkansas River! This 3-hour class introduces the student to rowing terminology, rowing equipment, stroke basics, and all necessary skills to successfully operate a rowing shell safely. Classroom work begins at the Park Villa Community Facility, 1029 Bitting and later moves onto the Arkansas River behind the Riverside Tennis Center (conditions permitting) where students will row with experienced rowers. Fee: \$24 Date/Time: April 21 from 9am-12pm

## Sculling

Master this fun and challenging sport in five classes! After an introduction to rowing, terminology and hands-on view of the shell, students will work with Wichita Rowing Association members throughout the session on perfecting their form and techniques while rowing on the river. Fee: \$89 Date/Time: May 11, 14, 16 from 6-8pm

May 12, 19 from 9am-12pm

## **RIVERSIDE TENNIS CENTER**



#### **Private Lessons**

Private instruction is available by contacting Riverside and setting up a convenient time to work with your favorite Riverside Pro.

#### **Director of Tennis**

Private \$40/hr • Semi-Private \$48/hr

## **Certified Staff Pros**

Private \$34/hr • Semi-Private \$40/hr

## Junior Groups

Pee Wee

This class emphasizes motor skills incorporated into a tennis atmosphere, and also utilizes USTA's Quickstart format.

Mondays 5:30-6:30pm

\$45/January / \$36 each month Feb-May

## **Beginner**

This class introduces technique to students with a "look good first" philosophy. Players are grouped by ability to learn the basic tennis strokes and rules in a fun, rally atmosphere.

Mondays / Fridays 6:30-7:30pm

\$90/January / \$72 each month Feb-May

## **Intermediate**

Approved students are grouped by ability and begin to learn basic tennis strategy. Stroke production is still emphasized, but point play becomes a bigger aspect of the class.

Wednesdays / Fridays 5:30-6:30pm

\$90/January / \$72 each month Feb-May

#### **Advanced**

Approved students are grouped by ability and continue to improve strategy and serves.

Tuesdays / Thursdays 5:30-6:30pm

\$90/January / \$72 each month Feb-May

## **High Performance**

Students must win a "challenge match" to enter this group. The focus of this group is advanced point play for District and Section level players.

Tuesdays / Thursdays 6:30-7:30pm \$90/January / \$72 each month Feb-May

#### **Court Rates**

Courts can be reserved up to 3 days in advance by using a Visa or Mastercard debit/credit card. Memberships including discounted court and lesson fees are available. Indoor \$16/hr Outdoor \$4/hr

## **Junior Group Lessons**

January session is for 5 weeks Feb – May sessions are 4 weeks Session Dates:

January: January 2- February 3
February: February 6 – March 2
March: March 5 -March 30
April: April 2-April 27
May: April 30- May 25

#### **Adult Drills**

Drills are registered on a weekly basis

## "Stroke-of-the-Week"

Each week a different stroke will be emphasized. This drill can be used for both the Beginner player to learn the basics, but also for the Experienced player looking to improve upon technique.

Tuesday 12:00-1:00pm \$9

#### **Beginner Adult Drill**

This drill is for new players that have little or no experience. The emphasis is on stroke production and includes some point play.

Sunday 12:00-1:00pm \$9

#### **Intermediate Adult Drill**

This is the perfect drill for players with some tennis experience who wants to get strategy guidance. The first half of the drill is spent refining technique. The second half of the drill is spent introducing doubles strategy. Some ability to rally is required to participate.

Sunday 1-2:30pm \$13

#### Advanced Adult Drill

This drill, designed for players with playing experience, spends the first half of the drill focusing on stroke production. The second half is spent working on doubles strategy and patterns of play. Ability to rally consistently is required to participate.

Wednesday 6:30-8:00pm \$13 Saturday 9-10:30am \$13

#### **AMENITIES**

State-of-the-art lighting • Ten newly resurfaced outdoor courts • Three indoor courts for year-round play • Full-service pro shop

## **RIVERSIDE TENNIS CENTER**



## **Ralph Wulz** Riverside Tennis Center

Wichita's Premier Public Tennis Facility 551 Nims 337-9257

## **HOURS OF OPERATION**

MON-THURS 8AM-9:30PM • FRI 8AM-8PM SAT 8AM-6PM • SUN 11AM-7:30PM

## **Adult Leagues**

January 2 - March 2, 9wks \$81 March 5 - April 27, 8wks \$72

## Men's 4.0-5.0 Doubles

Men with NTRP ratings of 4.0 and above are assigned a court each week to play round-robin doubles. This is an indoor league registered on a session basis. Tuesdays 7:30-9:00pm

## Men's 2.5-4.0 Doubles

Men with NTRP ratings of 2.5 - 4.0 are assigned a court each week to play round-robin doubles. This is an indoor league registered on a session basis. Thursdays 7:30-9:00pm

## Co-Ed 4.0-4.5 "Drill-N-Play"

The first hour of this league is a drill focusing on stroke production followed by serve and return drills. The last 30 minutes, players are grouped with a Riverside Pro for a set of doubles.

Mondays 11:30-1:00pm \$13/wk billed in sessions

## Co-Ed 2.5-3.5 "Drill-N-Play"

The first hour of this league is a drill focusing on stroke production followed by serve and return drills. The last 30 minutes, players are grouped with a Riverside Pro for a set of doubles.

Thursdays 9:30-11:00am (\$13/wk billed in sessions

**Session Dates:** 

January: January 2- February 3 February: February 6 - March 2 March: March 5 - March 30 April: April 2-April 27

May: April 30- May 25

## **Co-Ed Drop-in Doubles**

Starting in April, come by Riverside by 6:30pm to get your name on the list to be matched up for a night of doubles under the bright Riverside lights.

Mondays 6:30-8:30pm

\$3/night (weather permitting)

## FACILITY RENTALS

RESERVE A CITY FACILITY FOR YOUR NEXT **BIRTHDAY PARTY, WEDDING, RECEPTION, MEETING OR SPORTS PRACTICE!** 

> **Recreation Center Meeting Rooms/Gym Community Facility Buildings O.J. Watson Park**

**Auburn Hills Golf Course (catering, alcohol permitted) Botanica (alcohol permitted) Open Picnic Shelters** 

Most facilities offer the following: Full kitchen Amenities – Tables and Chairs – Building Attendant

Must make reservations in advance. Call for details.

Wichita Park & Recreation-316-268-4361 Auburn Hills-316-219-9700 Botanica-316-264-0448



# **City of Wichita Public Golf Courses**





to golf?



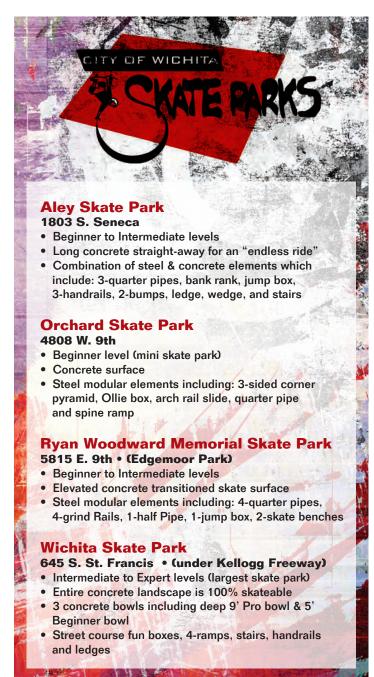


us on

# facebook



## **PARKS**





## O.J Watson Park

3022 S. McLean Blvd. 316-529-9940

This 119-acre park with 40 acres of water provides a rustic setting for fishing and picnicking. Unique amenities include:

- Pony Rides
- Train Rides
- Paddle Boat Rides
- 18-Hole Miniature Golf Course

The park also has sand volleyball courts, and much more! Enjoy fishing at its finest in our two fishing ponds. Catch largemouth bass, channel catfish, bluegill, wipers, crappie, grass carp, and hybrid sunfish.

WINTER HOURS: November 1 through March 19 8:00 am - 4:00 pm daily - closed on holidays Rides will not operate until spring hours begin. SUMMER HOURS: April 16 through September 30 8:00 am - 10 pm daily

Rides will operate 5:00 pm - 8:00 pm weekdays Rides will operate noon to dark on weekends

O.J. Watson Park also has party packages available to accommodate Birthday Parties, Family Reunions, and Corporate Parties. For more information on party rentals and the park amenities go to Wichita.gov and click on Park and Recreation.



## **POLICIES & REGISTRATION**

## IMPORTANT REMINDERS

- Registration for Winter and Spring classes begin December 5.
- Classes for Winter begin January 9. Spring classes begin March 19. (unless otherwise noted)
- Separate registration is required for participants with different addresses.
- Registration confirmations are not sent. Keep a record of dates and times of classes.
- Register early to avoid cancellations due to low enrollment.
- Contact the recreation center to verify class is taking place before purchasing supplies.

## **CANCELLATION POLICY**

- Participants will be notified of class cancellations.
- Class transfers are subject to space availability.
- If a class is cancelled, an effort will be made to schedule a make-up session.
- Participants may withdraw without penalty if request is received 2 days prior to first class
- Please notify Wichita Park and Recreation immediately of cancellations so wait list may be utilized.

## **LATE REGISTRATION**

- Late registration is allowed if space exists and it doesn't impact the learning process.
- Classes will be prorated after the second week.
- Take an individual fitness class any time for \$4, if space is available.

## **CLASSROOM POLICY**

- Parents are not allowed in the classroom during the Youth/Tots classes.
- Parents are not allowed to bring their children to adult classes.

## **REFUND POLICY**

- Full refunds will be made if cancellation is made by Wichita Park & Recreation.
- No refunds for classes missed by a student.
- Allow 2-3 weeks to receive refund
- Partial refunds will be granted for cancellations:

80% refund after the first class 50% refund after the second class No refund after the third class

Para registrar en Espanol para clases, llame a Christina en Park and Recreation a 316-268-4628.

## **REGISTRATION FORM**

See page 2 for Ways to Register

Please check here if your address has changed in the last 12 months

Parent/Guardian Name (if enrolling a child) \_\_\_\_\_

Office Use Only							
CA	CK	MC	VS				
Date Received:							

— Zip \_\_\_

Home Phone		Cell Phone	Cell Phone			Work Phone		
Email								
Bar Code	Location	Class Name	Day	Time	Participant Name	Gender	Birth Date	Fee
						M/F		
						M/F		
						M/F		
						M/F		
						M/F		

\_\_\_\_\_ City \_\_\_\_\_

The City of Wichita prohibits discrimination on the basis of race, ehtnicity, national origin, sex, religion, age, sexual orientation, or disability in its services, programs and activities. he or she has be discriminated against may file a complaint with the City of Wichita Equal Affermative Action Administrator in the Personnel
The City of Wichita does not carry accident insuarance to cover participants. Involvement in any activity is done at the participant's own risk.





